

Career Mentoring



THOMPSON
RIVERS
UNIVERSITY

Alumni

Student Program

NETWORK with industry professionals

NAVIGATE today's job market

LINK your education and career



NETWORK

- Learn from your mentor's experience and knowledge.
- Ask yourself: What it is that I want to know about this person, company, industry or occupation?
- Expect to hear career advice that you didn't anticipate.

60% to 70% of jobs are found through networking.

NAVIGATE

- After engaging with your mentor, analyze your experience, asking:
- What did I learn from this communication?
- Is there any action I want to take as a result?
- How does this impact my career thoughts?

LINK

- Understand that your career path is your responsibility and is not likely be predictable.
- See how others connected their education and career.
- Be open to changing course.

QUESTIONS YOU MIGHT ASK

PERSONAL QUALITIES SUITED FOR THIS OCCUPATION/COMPANY

- What makes people stand out in this field for good or bad reasons?
- What part of this job do you find most satisfying? Most challenging?

JOB SEARCH QUESTIONS

- Do you have work search advice for someone interested in this field?
- Does volunteer work make an impact in the hiring process?
- What is the employment outlook in this field? Is the demand for people changing? In what ways?

CAREER BUILDING

- Have you made deliberate moves to enhance your career?
- How did your post-secondary experience prepare you for this work?
- Why did you decide to work for your current company?
- What are the typical entry-level job titles and functions?
- What does success look like in an entry level job at your company?

FOLLOW-UP QUESTIONS

- Can you suggest another contact to help me gather additional career advice?
- If I have additional questions, can I contact you?

REMEMBER TO
THANK YOUR
MENTOR!

