

UBC EXECUTIVE MENTORSHIP PROGRAM

20 / 20  
22 / 23

# EMP Mentee Information Package



# Who We Are

Since 2001, the UBC Executive Mentorship Program (EMP) has been dedicated to connecting enthusiastic students to industry professionals with the intention of creating meaningful and long lasting relationships.

Each year, the program strives to provide opportunities and events where mentees and mentors can gain mutual value through sharing and learning from one another. With our belief that mentorship and coaching pushes an individual to new heights, EMP's mission is to support mentees as they “Unleash their Potential.”

## Our Key Events

### ➤ **Mentee Orientation - Term 1**

Program introduction; establish expectations and codes of conduct.

### ➤ **Kick-Off Breakfast - Term 1**

First mentor-mentee meeting; share a meal with your peers and mentor. Get to know your mentor for the first time.

### ➤ **Office Crawl - Term 2**

Office tours; gain familiarity with various working environments.

### ➤ **EMP Gala Dinner - Term 2**

Year-end awards ceremony; attend a dinner to celebrate your accomplishments over the year and receive certificates.

### ➤ **EMP Workshops - Term 1 and Term 2**

Skill workshops; learn valuable tips such as how to ace your interviews and how to communicate with business professionals.

# Benefits of Mentorship

As a mentee you will:

- **Obtain meaningful connections** with industry professionals.
- **Receive personalized career guidance** in your area of interest.
- **Develop strong communication skills** from interacting with mentors and other mentees.
- **Meet other mentees** that share similar interests and goals.
- **Learn the technical and soft skills** needed to work in the industry.

# Requirements

By becoming a mentee, you are expected to:

- Attend all monthly mandatory meetings with your mentors.
- Complete all meetings with your **mentee groups**
- Share your learning experiences from your mentors to other mentees
- Complete all six **mentee reflections** throughout the academic year
- Communicate with other mentees and EMP team via Slack and email

## MENTEE GROUPS

- Mentees will be put into groups based on their preferred industries.
- Group meetings will occur after each member has done their mentor meeting.
- Groups will chat about their learning experiences using the same monthly prompts.

## REFLECTIONS

- Mentees are expected to complete **three** reflections throughout the program.
- Reflections are submitted on our Canvas page after every two mentor meetings.
- The reflection can contain any highlights you have learned from either the mentor or mentee meetings.
- Reflections are done individually and should be at least 100 words
- Reflections can be done in point form.
- Reflections are marked for completion.

## FOR QUESTIONS AND OTHER INQUIRIES, CONTACT US



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**Applications are due on September 26th @11:59PM**