

30.11.2020

# *bridges to university*

issue no.13



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## ***Introduction***



AUTHOR(S): Stephanie Huynh

Hello everyone! Welcome to the thirteenth issue of the official *bridges* newsletter! We hope that you're all excited for December! Only one more month before the new year!

Before we begin, the staff here at *bridges* are planning a very special project for all of you and we'd love to share the news! We're planning a mentorship program! The program is set to launch in January and we're excited to share more information about it in the near future. Because we have this program planned, we decided to make this issue of our newsletter specifically on mentorships! We hope you learn a lot!

We would also like to inform everyone that the bridges staff will be taking a short break following the release of this issue of the newsletter. As a result, the next issue of the official bridges newsletter will not be released on December 14th and will instead be released on December 28th. Thank you for understanding.

### ***in this issue...***

- what is a mentorship
- benefits of a mentorship program
- personal experiences with mentorship programs

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## ***So, what exactly is "mentorship"?***

AUTHOR(S): Hussain Jan

Before we get into the technicalities of a mentorship, let's first define what it is. Oxford Languages defines mentorship as "the guidance provided by a mentor, especially an experienced person in a company or educational institution". It is the opportunity to learn from the experiences of those who are either older or more experienced than you in any field, study or area of expertise.

In your journey through post-secondary education, the mentorship programs you might encounter will typically revolve around students being paired up with upper year (or more experienced) students to acquire tips and be given meaningful advice from time to time. This can be in the form of after class tutoring sessions, club meetings, mental health checkups, and casual coffee meetings. When looking for a mentor, try to choose one who will have experiences relevant to your hobbies and life aspirations. This will allow you to make relevant connections and useful strategies on how to attain your goals.



Having a mentor who you can learn from is very beneficial but it is often forgotten. The constant pressures from midterms and assignments may lead you to easily forget experiences not directly useful in your exams. Due to its importance and easiness to forget, let's now discuss some strategies we can use to acquire a meaningful mentorship experience. Let's get into it!

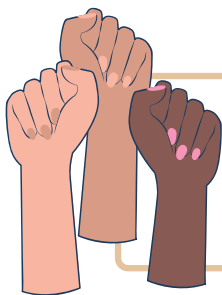
# ***There are benefits to mentorships?***

AUTHOR(S): Stephanie Huynh

Now that you all know what a mentorship is, I'm sure that you want to know what the benefits of a mentorship really are. And suffice to say, there are plenty! Here are a couple reasons why you may want to apply to be a mentee in a mentorship program!

## ***Expand on your knowledge and skills.***

In a mentor-mentee relationship, you're able to peer into your mentor's experiences and learn a great deal from them. You can even get valuable insight into your career!



## ***Build your strengths and overcome your weaknesses.***

Your mentor is likely able to identify any strengths and weaknesses you have. Their personal experiences and advice can help you build and overcome these skills of yours.

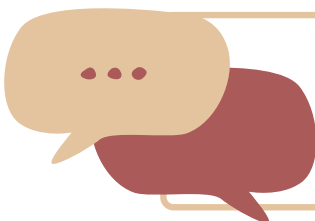
## ***Build your network***

As you get to know your mentor, you begin to get insights into the professional industry--and if you're lucky, you can get introduced to other professionals in the same field!



## ***Develop your communication skills***

Your mentor is likely able to identify any strengths and weaknesses you have. Their personal experiences and advice can help you build and overcome these skills of yours.



## ***You have someone to look up to***

Sometimes, simply having someone to look up to is all you need to help you through a period of uncertainty. While the future is never set in stone, having a mentor who understands your feelings can help you create a plan to overcome these feelings.



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## ***Hear from former mentees!***

AUTHOR(S): Stephanie Huynh, Varun Garg

Now that you know what a mentorship is and how they can benefit you, perhaps you may want to hear from former mentees themselves! After all, there's nothing better than learning about the experience from someone who's already experienced it!

"The mentor that I was matched with was a graduate from Waterloo's Management Engineering Program in 2014.

Having a mentor allowed me to get a clear picture of how to approach side-projects and my studies and put me on the right track towards my goals.



**VARUN**  
UW COMP. ENGINEERING



He provided amazing advice on how to be an entrepreneur and feed into the entrepreneurial mind-set. In addition to that, he gave me advice on how to do well on an interview and tips on applying for jobs, and also told me stories about his fellow classmates who ended up working in big companies such as Google and Facebook.

So to whoever is reading this, trust me, you may not think having a mentor is important and you have your life figured out, but you will learn so much more about your field and opportunities through having a mentor."

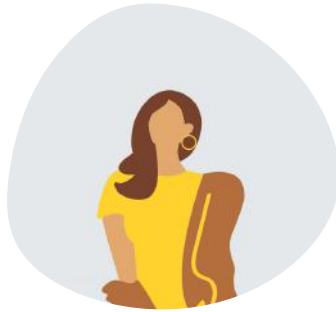




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## *Hear from former mentees!*

AUTHOR(S): Stephanie Huynh, Vi Vo



VI VO

UOFT PHYSIO. & PSYCH.

“In my second year, I applied to be a mentee and got matched with a mentor in the same program as me.

I was initially really stressed about my program’s research degree requirement and was afraid that I wouldn’t be able to find a lab to finish it. Thankfully, my mentor let me know that in my fourth year, I would be given a list of professors that I could do my research under and that the application process would be fairly simple.

Not only did she help me familiarize myself with my graduation requirements, she also provided guidance for some of my academic courses! Since we are in the same program, she has already taken the courses that I’m taking or about to take. Many factors come into play when choosing courses such as how it’s assessed and the professor teaching it. There’s only so much you can get from online and sometimes it’s not accurate. With a mentor, I could just ask her anything and she is usually more than happy to answer.



University is a challenging experience and it is often easy to feel alone in this fast paced environment. That’s why having a mentor to guide you along your journey will not only make it easier to orient yourself, but may also help alleviate some unnecessary stress.”

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### LAST ISSUE

"Catching up with Communication"  
02.11.2020

### NEXT ISSUE

28.12.2020

