



# SCHOLARS MENTORSHIP PROGRAM

*ACADEMIC TRACK - MENTEE*

## Session 1: Introduction & Building Positive Mentor-Mentee Relationship

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### INTRODUCTION

#### Objective of the Academic Track

The academic track is designed to support you in achieving your academic goals, ensuring you graduate on time with excellent grades while engaging in relevant extracurricular activities. Through this mentorship, you will gain guidance on effective study methods and how to select clubs, societies, and programs that align with your personal and professional aspirations. This program aims to help you grow into a well-rounded leader in your chosen field.

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#### Building a Positive Mentor-Mentee Relationship

Welcome to your first session! This session is like planting a seed for your mentorship journey. It's all about understanding how to build a strong, meaningful, and productive relationship with your mentor. By learning how to communicate openly, set clear expectations, and work together towards shared goals, you'll create a solid foundation for success. Think of this relationship as a partnership where both you and your mentor grow and learn together.

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### Setting the Foundation

#### Shared Goals and Expectations

Step	Description	Example
Identify Your Goals	Reflect on what you want to achieve through this mentorship.	"Improve my GPA."
Be Specific	Highlight the areas you need guidance in.	"Time management and better study habits."
Collaborate	Work with your mentor to set shared, actionable goals.	"Explore career paths or build confidence."



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## **1. Identify Your Goals**

Start by thinking about what you want to achieve through this mentorship. Is it to improve your academic performance? Or maybe you want help choosing extracurricular activities? Write down your goals so they're clear in your mind.

## **2. Be Specific About Your Needs**

Consider the areas where you need guidance. For instance, you might want advice on better study habits, tips on managing time, or insights into personal growth. The more specific you are, the better your mentor can help.

## **3. Collaborate on Setting Goals**

Work with your mentor to set shared goals. This means having a conversation where you both agree on what you'll focus on during the mentorship. It could be about improving grades, exploring career paths, or building confidence. Shared goals create a sense of purpose and teamwork.

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## **Understanding the Mentor-Mentee Relationship**

### **Definition and Purpose**

A mentor-mentee relationship is like a partnership where one person (the mentor) guides and supports the other (the mentee) to achieve their goals. Imagine your mentor as a friendly guide who has traveled the path you're on and is now helping you navigate it. The purpose of this relationship is to help you grow, overcome challenges, and achieve success in your academic and personal life.

### **Roles and Responsibilities**

#### **Mentor's Role**

Your mentor's job is to provide guidance, share their experiences, and offer support. Think of them as someone who lights the way, offering advice and encouragement when you need it. They might share stories about their own journey, suggest helpful resources, or give tips on how to tackle obstacles.



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### Mentee's Role (That's You!)

Your role is to be curious, eager to learn, and open to advice. This means asking questions, sharing your thoughts and challenges, and taking initiative. For example, if your mentor suggests a book or strategy, you should try it out and then discuss how it worked for you. Communication is key—let your mentor know what you're thinking and feeling.

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### Communication is Key

#### Open and Honest Communication

Communication is the foundation of any strong relationship, including your mentor-mentee partnership. Always feel comfortable sharing your thoughts, concerns, and feedback with your mentor. This openness creates a safe and trusting environment where both of you can thrive.

Aspect	Mentor	Mentee
<b>Open Communication</b>	Create a safe, trusting environment by being approachable.	Share thoughts, concerns, and feedback.
<b>Preferred Methods</b>	Share your preferred communication style (e.g., email, calls).	Adapt and agree on suitable methods.
<b>Active Listening</b>	Pay attention, provide constructive feedback.	Listen actively, ask clarifying questions.

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1. **Express Your Thoughts Clearly** Don't be afraid to articulate what's on your mind. Whether it's a challenge you're facing or an idea you want to explore, open communication ensures your mentor understands your perspective.
2. **Discuss Communication Preferences** Everyone has their preferred way of staying in touch. Some people like texts or emails, while others prefer phone calls or video chats. Share your preference with your mentor and ask about theirs so you can establish the best way to stay connected.



### Strategies for Active Listening and Feedback

Listening is just as important as speaking. It shows respect and helps you absorb the valuable guidance your mentor provides.

#### 1. Practice Active Listening

This means paying full attention to your mentor when they're speaking. Avoid distractions, take notes if needed, and show that you're engaged by nodding or asking follow-up questions.

#### 2. Reflect on Feedback

When your mentor gives you feedback, take time to think about it. Constructive feedback is meant to help you grow, so embrace it with an open mind and use it to improve.

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### Building a Strong Relationship

#### Regular Check-ins

Regular meetings are the backbone of a successful mentor-mentee relationship. These check-ins allow you to track progress, discuss challenges, and plan next steps.

##### 1. Set a Schedule

Collaborate with your mentor to decide on a meeting frequency that works for both of you, such as bi-weekly or monthly.

##### 2. Come Prepared

Before each meeting, review what you discussed previously and outline what you'd like to achieve in the upcoming session. This preparation shows respect for your mentor's time and ensures productive conversations.

#### Mutual Respect and Appreciation

A positive relationship thrives on mutual respect and gratitude.

##### 1. Value Your Mentor's Time

Acknowledge the effort your mentor puts into guiding you. Simple gestures like saying thank you or following through on their advice go a long way.



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### 2. Show Appreciation

Let your mentor know how their guidance has made a difference. Sharing your successes and progress demonstrates that their efforts are paying off.

#### Proactive Communication

Stay in touch with your mentor about any changes, challenges, or achievements. Proactive communication ensures your mentor remains updated and can provide timely support.

#### 1. Share Updates

Inform your mentor about new developments, whether it's an academic success or a challenge you're facing.

#### 2. Seek Guidance When Needed

Don't wait for scheduled meetings to reach out. If you need advice, feel free to contact your mentor outside of regular check-ins.

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### Activity: Preparing for Goal Setting

**Activity Title:** Personal Reflection and Goal Planning

**Objective:** To help you reflect on your current situation and goals, preparing for the next session on SMART goal-setting.

Task	Purpose
Reflect on goals brainstormed	Refine them to make them specific and actionable.
Research SMART goals	Familiarize yourself with the framework for effective goal-setting.
Prepare questions	Identify uncertainties to discuss during the next session.



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## Instructions

1. Reflect on the following questions
    - What are my academic aspirations?
    - What do I hope to gain from this mentorship program?
    - What challenges am I currently facing in my academic or personal journey?
  2. Write down 3-5 goals you hope to achieve through this mentorship program. These can include academic, extracurricular, or personal goals.
  3. Share your list with your mentor before your next session via the communication method you agreed upon.
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## Preparation for Next Session: SMART Goals

- Review the goals you've listed and think about how they can be refined to meet the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound).
  - Be ready to discuss these goals with your mentor in the next session.
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## Feedback

After each meeting, please complete the mentee feedback form to share your experience and suggestions. Your input is valuable in improving the program.

**Mentee feedback form:** [Feedback Form Link](#)

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