**Mentee Information for Mentorship**

**TomoWork Talent Acceleration Programme**

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| Name | Chong Kay Lin | | |
| Institution | Republic Polytechnic | School | Sports, Health and Leisure |
| Diploma | Health Management and Promotion | Graduation Year | 2023 |

My Self-Introduction

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| I am Kay Lin, from Republic Polytechnic. My Diploma is in Health Management and Promotion. My hobby is K-pop dance as a way to exercise and keep myself healthy. I also enjoy making stories. |

My Educational Background

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| Graduating from Republic Polytechnic in Mar  Hua Yi Secondary School  Jurong Primary school |

My Skills

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| Soft Skills  Project management  Team player  Problem-solving  Good Work ethic  Accountability of my own words / promises  Technical Skills  Microsoft Office applications  Google Docs  Canva (poster design software)  Microsoft Teams  Active Ageing  Health and Wellness  Youth Health  Nutrition |

My Work Experience (including Internship)

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| Company: St Luke’s Eldercare  Duration: 5 months  Job scope: Assisted the therapist in the implementation of exercises for 2 to 3 group sessions daily.  Monitored and recorded about 30 client’s vital signs accurately every day.  Promoted the concept of healthy eating (My Healthy Plate) to about 25 elderly and their caregivers. |

Industries I’m Interested and Why

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| I am interested in Healthcare Industry. I wish to put my Diploma knowledge to good use. I also feel that I can empathise with those with chronic illness as I went through many surgeries since my birth. |

Jobs and Roles I’m Interested and Why

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| I wish to become a dietitian or a social worker. I also want to do some health promotion work as that is my education background in Polytechnic.  Dietitian  I learnt some healthy eating knowledge like My Healthy Plate in my diploma, so I want to put it to good use. Through my Diploma, I came to believe that healthy eating is an important way to keep healthy. As the saying goes: “You are what you eat”. With the increased prevalence in chronic diseases in Singapore, it strengthened my believe in healthy eating in order to stay healthy.  Social worker  Through my interaction with Club Rainbow special needs children and their families, I believe that we can do more to help this group of people. Club Rainbow is an organisation that supports children with chronic diseases and their families. I feel immense pride and joy in helping such people. Currently, I am volunteering in the programmes team for Camp Rainbow. Camp Rainbow is a 3-day-2-night camp for the beneficiaries of Club Rainbow. The programmes team is in charge of planning the activities for the camp.  I hope my volunteer in Camp Rainbow will give me a good experience in organising event for underprivileged and special needs children. |

Questions to my Mentor

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| Dietitian  What is the job scope like?  What is the typical day of a dietitian like?  What are the challenges you face?  Why did you choose to be a dietitian out of so many jobs?  What is the career progression like?  What challenges did you face when studying for your dietitian course?  What motivates you to stay in this job?  How do you bounce back from failure & keep your spirits high?  What are the most critical soft skills to work on right now?  How can I improve my soft skills, such as problem solving & communication?  What are some examples of transferable skills from one job role to another different  job role?  How do I identify a good company and role to aim for to suit my goals?  What advice would you give to someone considering this line of work?  Social Work  What is the job scope like?  What is the typical day of a social worker like?  What are the challenges you face?  Why did you choose to be a dietitian out of so many jobs?  How do you manage home visit safety?  How do you cope in hearing sad stories every day?  What is the career progression like?  What challenges did you face when studying for your social work course?  What motivates you to stay in this job?  How do you bounce back from failure & keep your spirits high?  What are the most critical soft skills to work on right now?  How can I improve my soft skills, such as problem solving & communication?  What are some examples of transferable skills from one job role to another different  job role?  How do I identify a good company and role to aim for to suit my goals?  What advice would you give to someone considering this line of work? |