



**OCEAN  
DISCOVERY  
INSTITUTE**  
*young lives transformed through science*

**CAREER ACCESS MENTOR PROGRAM  
PRE-SERVICE TRAINING**

Christina Contreras | October 3, 2022

# TODAY'S GOAL

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To understand the essential elements of a successful mentoring relationship, and gain tools and knowledge that will support Mentors in developing and sustaining a positive and productive relationship with their Mentees.

# AGENDA

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- The Basics
- The Mentee Perspective
- Wrap Up

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# THE BASICS

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# REVIEWING THE PRE-WORK

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## Ethical Principles for Youth Mentoring Relationships:

- Promote the Welfare and Safety of the Young Person
- Be Trustworthy and Responsible
- Act With Integrity
- Promote Justice for Young People
- Respect the Young Person's Rights and Dignity

## Ocean Discovery's Long-Term Mentoring Webinar:

- Support mentee's [professional] identity
- Foster a sense of belonging
- Build self-efficacy
- Be culturally responsive
- Meet mentee where they are at
- Actively listen
- Build trusting relationship

# DISCUSS

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Share 3 mentoring best practices from the training materials or from experience to share with the entire group.

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# THE MENTEE PERSPECTIVE

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# IN THEIR WORDS

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- My mentor was the most helpful in **letting me talk about my future career and personal goals**. It helped me discover what opportunities I should look into and what my long term goals were. **Walking me through graduate school and job applications** prepared me for whatever I chose to do post-Camp 2.
- **Having the exact same research or field interests is not that important**. As long as the mentor is in a similar field as the mentee (or the field the mentee wants to pursue), you can learn from them.



# IN THEIR WORDS

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- The most helpful things about having a mentor is **having kind of a sounding board when sharing ideas/ experiences**. It was great to hear someone else's perspective, especially someone with more experience that could either relate, offer insight or just help reassure and reaffirm.
- I feel like with Christina's guidance/general outline for the year and with what my mentor and I did, **there wasn't anything that I thought wasn't of some importance**.

# QUESTIONS?

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# THE CAREER ACCESS PORTAL

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# SETTING UP THE RELATIONSHIP

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## How to have a successful first meeting

Imagine what it will be like meeting your mentee for the first time in a one-on-one meeting. How can you fill that time? Consider:

- Questions you can ask
  - Try: <https://randomquestionmaker.com/>
- Career Access Portal's CAMP II page:
  - Monthly themes
  - Create Your Own Adventure
  - SMART goals

# QUESTIONS?

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# TAKEAWYS

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# HOW TO BE A GREAT MENTOR

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# EVALUATION

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# WRAP UP

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- **Submit your signed acceptance/renewal form.**
  - Electronic signature permitted
- **Secure a LiveScan background check.**
  - Only for NEW mentors
- **Next Meeting: CAMP II Kickoff**
  - Monday, October 17 @ 5-7pm at the Living Lab
  - Hybrid for in-person and virtual participants
- **Meet your mentee!**
  - Bi-monthly email check-ins
  - “open door policy”
- **Questions/Comments/Concerns?**



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**THANK YOU.**

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