



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

**CAREER ACCESS MENTOR PROGRAM  
TRAINING DAY 3**

Christina Contreras, October 10, 2020

# TODAY'S GOAL

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To set CAMP II participants up for success by taking actions of a serious young-professional, such as setting goals and having a professional social media presence.

# AGENDA

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- Article Discussion
- Goal Setting Activity
- LinkedIn Basics
- Pre-Work
- Wrap Up

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# ARTICLE DISCUSSION

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# DISCUSS

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What are attributes that mentees can bring to the mentoring partnership to help it thrive?

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# GOAL SETTING

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# DISCUSS

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Considering the article, what are some ways you can get to know your mentor to start building your relationship?

# SMART GOALS

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**S**pecific

**M**easurable

**A**ttainable

**R**elevant

**T**imely



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# LINKEDIN BASICS

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# PRE-WORK

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- Send Christina
  - Your “get to know your mentor” goal statement
  - Weekly schedule
- Create LinkedIn profile
  - View your mentor’s LinkedIn profile
- Write a letter to your mentor (introduction, activities you’d like to work on, expectations, gratitude)
  - This will become your e-introduction.
- Complete the training evaluation

# WRAP UP

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- Coming up: Pre-meeting with Christina!
- Pre-work due before pre-meeting
- Meet your mentor!
- Questions/Comments/Concerns?