



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

CAREER ACCESS MENTOR PROGRAM PRE-SERVICE TRAINING

Christina Contreras | October 26, 2023

TODAY'S GOAL

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

- The Basics
- The Mentee Perspective
- Wrap Up

THE BASICS

REVIEWING THE PRE-WORK

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

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

DISCUSS

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

THE MENTEE PERSPECTIVE

IN THEIR WORDS

- 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

- 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?

THE CAREER ACCESS PORTAL

SETTING UP THE RELATIONSHIP

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:

- Career development exercises done by mentee and shared with mentors
- Questions you can ask
 - Try: <https://randomquestionmaker.com/>
- Career Access Portal's CAMP II page:
 - Monthly themes
 - Create Your Own Adventure
 - SMART goals

QUESTIONS?

TAKEAWYS

HOW TO BE A GREAT MENTOR

WRAP UP

- 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 30 @ 5-7pm at the Living Lab
 - Make up option for those who cannot attend in-person – TBD
- Meet your mentee!
 - Bi-monthly email check-ins
 - “open door policy”
- Questions/Comments/Concerns?



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

THANK YOU.

oceandiscoveryinstitute.org