

AN ALUMNI MENTOR'S GUIDE TO MEANINGFUL CAREER CONVERSATIONS

U of T supports students in self-directed career learning. This means they will know themselves, explore their options, develop strategies and take action. We encourage students to identify transferable skills, recognizing that careers aren't linear. Planned happenstance is a key career concept that encourages curiosity, openness, flexibility, optimism, calculated risk-taking and persistence. As a mentor, you play an important role in helping students build relationships and recognize, then practice their career skills. We encourage you to incorporate these principles into your career conversations.

Meaningful career conversations guide:

MENTORS: TELL YOUR STORY

What is your career story? How did you find your job? What's your unique skillset?

What does a successful resume/interview look like in your industry?

Can you introduce me to people in your network?

How did your degree connect with your career?

How did you identify and develop transferable skills in university? How about soft skills? What advice do you have about developing these skills?

Is it normal to have career questions and doubts?

Help your student clarify their career questions and help them find relevant resources.

MENTORS: REFER YOUR STUDENT TO CAREER EXPLORATION AND EDUCATION

What are some planning tools I can use in my career search?

Can you review my resume?

What are the best job boards?

Can you help me find job shadowing opportunities in a range of opportunities?

How do I prepare for job shadowing?

How do I prepare for an interview?

Is going to medical / law / graduate (etc.) school a good idea?

How do I research the labour market?

What are the 50 additional career supports?

I am overwhelmed. How do I handle everything?

Tools to inform your conversations

Career Start

uoft.me/careerstart

A self-directed online career tool. Ask your student to select one of the nine most common career stages, then discuss their next steps based on the suggested supports and strategies.

ASKme

uoft.me/askme

Use this online tool to search questions about student life and leverage the immediate ASKme answer for further discussion.

Resources for alumni mentors

U of T St. George Career Exploration & Education website

careers.utoronto.ca

cln.utoronto.ca

Encourage your student to register for a range of programs and services including: resume review, interview preparation, job shadowing, job board, employer information sessions, career fairs and more.

Mentor support for career conversations

Contact our Coordinator, Career Programming and Alumni Engagement Mariaveronica at mariaveronica.barbuto@utoronto.ca for more details.

Resources for students

1. **Career Navigator:** connects your student to their Alumni network and the stories of what is possible with a University of Toronto degree.
2. **Career Learning Network:** your student's job board, workshop registration, event calendar and more
3. **Career Start:** suggests career strategies to support your student's job search stage.
4. **Ten Thousand Coffees U of T Hub:** how your student can reach-out for a coffee date with an alumni expert.
5. **Online Career Chat:** not sure where to start? Start a chat with Career Exploration & Education.

All available at careers.utoronto.ca.