

What is Mentorship?

Mentorship is a developmental, one-on-one learning relationship between a student and a professional in a specific industry or discipline. A Mentor supports and guides the student, or Protégé, to develop in a specific area of interest. This exchange of knowledge, while it costs nothing, is invaluable to students on the threshold of entering the working world.

What's a Graduate Student?

A graduate student has come back to school to pursue a specialized degree in a Master's or Doctoral program. The backbone of the university, graduate students perform critical roles as research assistants and teaching assistants on campus while pursuing their own degree.

What's a GSA? Why a Career and Mentorship Program?

The Graduate Students' Association (GSA) represents graduate students at the University of Calgary. While these students are highly educated and possess superior research skills, many lack business acumen and experience. This can impede them as they pursue their desired career goals.

The Career and Mentorship program was created to address this need. Established in 2006, the program has paired hundreds of Mentors and Protégés in a broad range of industries. Committed business partners include: NOVA Chemicals; Shell Canada; Golder Associates; AESO; Alberta Health Services; IPSOS Reid; Novatel; Scotiabank; PCL Construction; Online Business Systems (OBS); Rad 3 Communications; and Petro-Canada.

What Kind of Commitment is Expected?

Literally, six hours of your time over a six month period. Again, the GSA is not asking for a financial contribution, simply a commitment to share your expertise with one of our students.



Change a Student's Life Today
Become a Mentor

Shape a Career...
Become a Mentor



Contact the GSA's
Career and Mentorship Coordinator

403 210-7870

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Calgary, AB T2N 1N4



www.gsa.ucalgary.ca



"I like the program because the Mentor-Protégé relationship is a win-win relationship. I am grateful that I have been both a Protégé and a Mentor. The experience is precious and rewarding."

– Xiaolu (Iris) Zhu
M.Eng (Electrical and Computer Engineering)
Software Engineer
Innervision Medical Technologies Inc.



A Mentor...

- is in a middle to upper level position with a good understanding of business
- is open-minded and supportive
- inspires the Protégé to identify and reach goals
- excels at communication and helps to provide guidance and direction
- provides opportunities for the Protégé to develop valuable networking skills
- shares information and examples on best business practices
- *is someone just like you!*

Mentoring...

- enhances one's professional image
- promotes personal development and learning
- stimulates creative thinking through the sharing process
- highlights the challenges that graduates entering today's workforce will face
- provides the Mentor with a strong sense of satisfaction
- *will become a highlight of your professional experience!*



"I found this program really helpful because it has given me the opportunity to better understand the Canadian workplace—it has made me aware of my strengths and weaknesses. Talking with a Mentor was a really enriching experience because I learned which academic and technical skills are important to my potential employers."

– David Patruyo
MSC (Geology)

"In my three years as a Mentor, I have assisted Protégés in refining their resumes, have provided opportunities to meet people in the industry in which they want to establish their careers, and have guided them through the 'norms' for obtaining Canadian employment. In return I have been stimulated by the students' enthusiasm, freshness of their ideas, and the opportunity to meet some great people. For me, this program is a win-win situation!"

– Les Stehmeier, Ph.D., CCEP
Senior Scientist
Environment and Corrosion
NOVA Chemicals Research Centre

