

PUBLIC HEALTH SCIENCES ALUMNI ASSOCIATION MENTORSHIP PROGRAM

ABOUT THE PROGRAM

The PHSAA has once again launched its annual mentoring program, an exciting initiative that matches Public Health Sciences alumni with current students based on their areas of interest. Through this program, students hope to obtain career advice, advice regarding courses or practica, networking contacts, and a general "feel" for work in their areas of interest. This year, we hope to match a record number of student participants, at the MHSc, MSc and PhD programs, with alumni mentors. Alumni mentors work in government, not-for-profit organizations, research institutions, and private companies.

Students are able to choose their own mentors by leafing through the submitted mentor profiles. Every effort is made to match students with alumni who have similar interests, future goals and social interests. Once a match is made students will be contacted by their selected mentor either by phone or e-mail.

Alumni mentors are volunteers and commit to one communication with their mentees (either in-person, by phone, or email) at least once a month for a period of 6 months. Similar to last year, the PHSAA received applications from more alumni mentors than students. Our aim is to match as many students in as many programs as possible.

If you are interested in participating as a student mentee, an alumni mentor, or wish to obtain more information, please contact the PHSAA Development Officer at chaa@utoronto.ca or visit our website at www.phs.utoronto.ca/chaa.

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STUDENT INFORMATION

What exactly is the mentorship program?

The mentorship program is designed to link current Public Health Sciences students with alumni mentors.

And this means what?

The benefits of the Mentorship Program include the opportunity to build relationships and connections with people who share your academic and career interests, having an experienced alumni to answer questions and provide advice on accessing courses, employment and research opportunities, and networking, and enjoying social interactions with people who share your interests.

Sounds good. How do I sign up?

At the start of each semester, a binder will be made available to students in the PHS Graduate Office listing the names and interests of each alumni mentor. An email will be sent out when the binder is ready. Students are able to choose their own mentors by leafing through the submitted mentor profiles. First come first serve!

My mentor was great. How do I thank him/her?

Easy. Nominate your mentor for the Mentor of the Year Award. The nomination is included in a survey asking you about your experiences with the Mentoring Program. Don't forget to participate after grad!

What if I don't have time once I have signed up?

We ask that you contact your mentor or Chaa@utoronto.ca so that your mentor can be reassigned in order to benefit another student.

PUBLIC HEALTH SCIENCES ALUMNI ASSOCIATION MENTORSHIP PROGRAM

CALLING ALL ALUMNI!

The U of T Public Health Sciences (formerly Community Health) Alumni Association would like to invite YOU to participate in our mentoring program. PHS Students select alumni mentors based on areas of interest, personal needs and goals for the mentoring relationship, and vision of an ideal match.

What is mentoring?

Mentoring is a personalized, one-on-one approach to learning that is grounded in a personal, as well as professional, relationship between a mentee, the learner, and a mentor, the teacher. There is no one right mentoring method or relationship.

What can you offer as a mentor?

A mentor can offer mentees guidance, encouragement and insight. In some instances, a mentor can "open doors" for mentees. Good mentors are proficient in their practice, willing to share their knowledge and expertise, have the ability to create a supportive learning environment, and are committed to the mentoring process.

How might you benefit from being a mentor?

Participating in a mentoring relationship can keep you sharp - helping someone less experienced helps keep you abreast of your field. Answering mentee questions might also encourage your creativity by considering new solutions to tackle problems. Of course, you get satisfaction from helping someone else - you truly have the opportunity to positively affect the future by transmitting your ideals,

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PUBLIC HEALTH SCIENCES ALUMNI ASSOCIATION MENTORSHIP PROGRAM

CALLING ALL ALUMNI!-continued.

ethics, knowledge and professionalism to our future leaders. Check out the 'Alumni Profile' section of our 2004 Newsletter for an interview with a pair who experienced the mentor-mentee relationship last year. Oh yeah, plus you might be nominated for the Mentor of The Year Award, shiny stuff included.

What is the time commitment involved?

We would prefer if mentors contact their mentee at least once per month. This could be done via email, telephone, or in-person. We also hope that mentors will respond promptly to any questions from their mentees. We ask that mentors commit to the mentoring relationship for at least six months.

How can I get involved as a mentor?

Indicate your interest by completing the Mentor Questionnaire at:
<http://www.phs.utoronto.ca/chaa/mentor.htm>



Mentor Appreciation Awards

As of this year, the first annual Public Health Sciences Alumni Association Mentorship Program Awards program will commence. The goal of the program is to acknowledge some of our outstanding mentors. Look for more news soon!

ABOUT THE PUBLIC HEALTH SCIENCES ALUMNI ASSOCIATION

Our mission: To foster and sustain supportive relationships among Public Health Sciences alumni community members and between alumni and the PHS department and current students.

Some of our Activities include:

- Helping alumni stay connected with the Public Health Sciences Department and each other by providing social networks for alumni, including social events, a forum to meet other Public Health Sciences alumni, and a chance for professional networking.
- Organizing the annual Public Health Sciences Alumni Association Breakfast and Alumni Lecture at the Canadian Public Health Association Annual Conference
- Informing you of all the latest news with the Public Health Sciences Alumni Association annual newsletter with alumni profiles, overview of Alumni Associations Activities, and hot topics
- Providing student assistance including the mentoring program, financial support for student groups and for students presenting their work at conferences, and nominations for the Gordon Cressy Awards for Student Leadership.



More Information at:
www.phs.utoronto.ca/chaa

Public Health Sciences Alumni Association Mentorship Program



Providing Public Health Sciences students with a strong sense of both academic and community support.

PHSAA MENTORSHIP PROGRAM
Established 2001

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