

# PsyD Mentorship Program

## Program Overview

The PsyD Mentorship Program, coordinated by the Antioch University PsyD Student Council, provides a unique opportunity for students to meet and cultivate meaningful relationships that promote community, connectedness, and collaboration. The program offers new students' opportunities to develop personal and professional contacts, gain access to information and resources, and gain valuable insights and advice from experienced students. It also offers mentors an opportunity to give back and make a difference in the personal and professional development of incoming first year PsyD students.

## Eligibility

This program is available to all PsyD first-year students as mentees and all PsyD upperclassmen as mentors.

## What are the benefits for Mentees?

- **Personal Development:** friendship, emotional support, networking
- **Academic Guidance:** study skills, dissertation advice, presentation tips
- **Career Advice:** resumé critiques, internship and fellowship applications

## What are the benefits for Mentors?

- **Personal Development:** friendship, emotional support
- **Develop Leadership and Coaching Skills:** communication, planning
- **Networking:** expand contacts, information sharing

## What are the expectations of a Mentee?

Beyond the match process and initial contact with their mentor, new students are free to choose how much or little they would like to be involved in the program.

## What are the expectations of a Mentor?

- Mentors will be matched with 1-3 students (depending upon number of mentors, size of incoming cohort)
- Mentors are required to attend the mentee-mentor Meet & Greet (usually held on campus at orientation).
- Mentors must offer optional meetings at least once per academic quarter to check in with their assigned mentee(s).

## What is the match process?

**All new students will be matched with a Mentor by the PsyD Student Council.** New students will have an opportunity to meet and learn about the available Mentors, as well as voice their preferences for specific Mentors prior to this match process. Specifically, new students are invited to attend informal social events and are given Mentor biographies which allow them ample opportunity to get to know the Mentors and formulate their own opinions for who would be an ideal match for them. **New students will receive an email from the PsyD Student Council with a Google Form in which they can indicate a ranked list of their preferred mentors.** The Student Council tracks all Mentor requests and makes matching decisions with these preferences in mind. Anyone who does not voice a preference will be automatically paired with a Mentor as an optional resource.

## What is the time commitment?

The time commitment for mentoring relationships varies. If you are actively participating in the mentorship program, it is recommended that you spend some time connecting each academic quarter. Beyond the optional meetings offered by mentors each quarter, **the mentoring relationship may take as little or as much time as you wish to commit.** Keep in mind, though, that you will get out what you put into it! Students who take the time to connect often gain more from this experience.

## What do I talk about with my mentor?

Conversing with your mentor may seem unnatural or uncomfortable at first, but your mentor is there to support and guide you in any way that they can! Start by learning more about each other – your career aspirations, shared interests, hobbies and experiences. Then, depending on what you hope to gain from your mentoring relationship, you might ask for advice, insight on how they would navigate a certain situation, help with networking or connecting with resources, support in developing or strengthening a new skill, or simply hear stories about their personal journeys.

## How do I sign up?

**Want to be a Mentee?** All new students will be assigned a Mentor as a resource, but they are not obligated to be engaged in a relationship with their mentor. If you are interested, here are some ways you can enhance your experience:

1. Submit mentor preference form to PsyD Student Council when received
2. Meet your mentor at the orientation Meet & Greet
3. Schedule follow-up check-ins with your mentor if desired

**Want to be a Mentor?** Here are the steps to get involved:

1. Read and consent to the terms outlined in the AUS PsyD Mentor Sign-up Form, which is distributed yearly by Student Council prior to New Student Orientation
2. Meet your mentee(s) at the orientation Meet & Greet
3. Schedule check-ins with mentee(s) at least once per academic quarter

## Questions?

If you have any further questions regarding the PsyD Mentorship Program or would like to submit your ranked list of preferences for a Mentor, please contact the AUS PsyD Student Council.

AUS PsyD Student Council:

[psyd.student.council@antioch.edu](mailto:psyd.student.council@antioch.edu)