



Mullany e-Mentoring

Autumn 2022 Session – Year 9 Suggested Weekly Themes

All themes are optional and are intended to help guide your conversation if you are not sure what to talk about or if you like to have some sort of structure to work from. If these topics are not appropriate/suitable for you, then please feel free to ignore them and talk about something else!

Week	Theme of support	Notes
W1 26/09/2021 – 30/09/2022	Welcome and introductions	<ul style="list-style-type: none"> By this week you should have logged in using details you received in an email from the Brightside team last week. Try and send your mentor a message as soon as possible to say hello. Remember you can use the template we sent to all students last week to help you create your first message. Don't worry about being too formal – feel free to message them in a relaxed way. Every Friday we will 'showcase' our 'Profession of the Week'. We hope this will give you some idea of the variety of life science related careers that are out there! We will try and share jobs which we think many students may not have considered before!
W2 03/10/2021 – 07/10/2022	What life science job might suit you?	<ul style="list-style-type: none"> This week we will start by helping you to find out exactly what the life sciences are (you might be surprised by the answer!) With hundreds of jobs in the life sciences and STEM sector, we'll send you an online quiz to complete to help you narrow down possible careers. We bet that you will find out that you are well suited to some fascinating jobs!
W3 10/10/2021 – 14/10/2022	Exploring a life science career/ introduction to university	<ul style="list-style-type: none"> This week is a chance to look more closely at a potential career within the Life Sciences. We will send you a catalogue including a range of different Life Science and STEM careers – this week you need to choose one and spend time finding out more about it with your mentor. Think about how people succeed in that career. Did they have to go to university? Would you need work experience or specific qualifications if you were to follow them? If you already have a career in mind, why not use this week to discover more about university. Although it's a long way away for you, it's never too early to start discussing.
W4 17/10/2021 – 21/10/2022	Pathway to my life science career	<ul style="list-style-type: none"> This week, your mentors could help you map out the steps you need to take to reach this career using the 'Prospects' website or the 'Healthcare careers' website. Following the career pathway activity, we suggest that you look at the first steps needed to reach your career of interest.

W5 24/10/2021 – 28/10/2022	Making the right GCSE subject choice for you	<ul style="list-style-type: none"> We suggest that you discuss what subjects you plan on taking for your GCSE's over the coming weeks with your mentor. Choosing the correct GCSE's is key when it comes to future career options.
W6 31/10/2021 – 04/11/2022	Developing effective study skills	<ul style="list-style-type: none"> We would like you to take a learner styles quiz that will be included in our Monday message and share your results with your mentor to see what changes you can make to improve your study skills. Along with this, we'd like you to discuss the revision techniques you use when revising for tests/exams and compare them with the ones your mentor uses.
W7 07/11/2021 – 11/11/2022	Time management	<ul style="list-style-type: none"> Knowing how to manage your time is a skill and like with any skill, it takes time to perfect. This week you can discuss how you can improve your time management skills to help maximise your potential. We'll send online resources with tips on how to manage your time better.
W8 14/11/2021 – 18/11/2022	Self-motivation and setting SMART goals	<ul style="list-style-type: none"> Knowing how to be self-motivated and set effective and SMART goals is a key skill at any age, that is why this week, we'd like you to discuss and perhaps set a few SMART goals with your mentor to achieve during the new academic school year. We will send out some goal setting resources too!
W9 21/11/2021 – 25/11/2022	Building personal confidence and resilience	<ul style="list-style-type: none"> Now is the time to reflect on all you have learnt over the session and how this has helped to build your confidence in thinking more about following your goals over the next couple of years. We want you to have the confidence to take the steps needed to reach your career of interest and we will send out links to further develop your confidence and self-esteem in achieving your goals.
W10 28/11/2021 – 02/12/2022	Thank you and goodbye!	<ul style="list-style-type: none"> As this is the last official week of the session, please make sure that you send a thank you message during the week as you won't be able to contact your mentor once this week has come to an end.