



Mullany e-Mentoring

Autumn 2022 Session – Year 12 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	Developing effective study skills	<ul style="list-style-type: none"> • By this stage in your education, you're no stranger to sitting exams and classroom assessments and you've probably developed a unique study routine so this week is all about sharing how you study with your mentor to see if they can suggest any study tips and tricks that work for them. • We would also like you to understand how to manage exam stress and anxiety and see whether there are any techniques that you can incorporate into your pre-exam routine.
W3 10/10/2021 – 14/10/2022	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 over the remaining few months of this academic school year. • We will send out some goal setting resources too!
W4 17/10/2021 – 21/10/2022	University and Apprenticeships	<ul style="list-style-type: none"> • If university is the intended plan for you, this is your week to ask your mentor any questions you may have about this topic including accommodation, student life and study options.

		<ul style="list-style-type: none"> • Some of you may have decided that university isn't right for you at this time, so if you'd like, your mentor will be happy to discuss alternative routes into a career such as apprenticeships. • Resources will be shared to help explore both routes.
W5 24/10/2021 – 28/10/2022	Process of applying to university (including finance)	<ul style="list-style-type: none"> • Applying to University can seem overwhelming so this week you can discuss any concerns you might have with your mentor and try to better understand the process of applying. This would be a good week to gain some tips from your mentor around writing your personal statement too! • Student finance can be a long process so now might be a great time to start familiarising yourself with the application process.
W6 31/10/2021 – 04/11/2022	Virtual work experience	<ul style="list-style-type: none"> • This week we would like you to think about getting work experience to support any future university or job application. • For some careers and university degrees (like Medicine, Dentistry and Veterinary Science) it is good to get work experience as soon as you can as this shows you have had a long-term interest in your subject area. • We will share some fantastic virtual work experience videos our mentors have generously made for us to share with you.
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. This is even more important than ever following the pandemic. • We'll send online resources with tips on how to manage your time better.
W8 14/11/2021 – 18/11/2022	Looking after your mental wellbeing	<ul style="list-style-type: none"> • Throughout the pandemic, there has been a big emphasis on the importance of staying positive and looking after mental wellbeing. As restrictions ease, it is very important to remain focused on this topic so perhaps you can discuss tips on looking after your personal mental wellbeing. • Online resources will be shared.
W9 21/11/2021 – 25/11/2022	Reflection week	<ul style="list-style-type: none"> • This week is your week to reflect with your mentor on all that you've discussed and it's your opportunity to discuss anything you haven't covered over the last 8 weeks with your mentor.

		<ul style="list-style-type: none">• This is your week to make the most of your mentor and the freedom to discuss a topic of your choice.
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.