



# Mullany e-Mentoring

## Autumn 2022 Session – Year 13 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
<b>W1</b> 26/09/2021 – 30/09/2022	Welcome and introductions	<ul style="list-style-type: none"> <li>By this week you should have logged in using details you received in an email from the Brightside team last week.</li> <li>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.</li> <li>Don't worry about being too formal – feel free to message them in a relaxed way.</li> <li>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!</li> </ul>
<b>W2</b> 03/10/2021 – 07/10/2022	Your future plan and pathway	<ul style="list-style-type: none"> <li>This week is all about introducing your future plans to your mentor. It's a good idea to share your future goals with them at the beginning of the session so that they can give you advice and support tailored around your future goals.</li> <li>During this week we also suggest that you plan your pathway with your mentor by noting any steps you will need to complete to reach your end goal.</li> </ul>
<b>W3</b> 10/10/2021 – 14/10/2022	University life	<ul style="list-style-type: none"> <li>For those wishing to enter higher education, university is not that far away so this week we'd like you to discuss all things university with your mentor. Your discussions can vary from lectures, what students get up to in their free time and even what you'll need to take with you when the time comes.</li> </ul>
<b>W4</b> 17/10/2021 – 21/10/2022	Preparing for future interviews	<ul style="list-style-type: none"> <li>Interviews are a part of life, no matter what you decide to go on to do. Take this week to discuss how to best prepare for interviews with your mentor as you most likely do not have much experience and may be able to pick up a few tips from them.</li> <li>Helpful online recourses will be shared.</li> </ul>
<b>W5</b> 24/10/2021 – 28/10/2022	An introduction to student finance	<ul style="list-style-type: none"> <li>Applying for student finance can be a long process but if you have any questions about it, you can discuss it with your mentor this week.</li> </ul>
<b>W6</b> 31/10/2021 – 04/11/2022	Virtual work experience	<ul style="list-style-type: none"> <li>This week we would like you to think about getting work experience to support any future university or job application.</li> </ul>

		<ul style="list-style-type: none"> <li>• 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.</li> <li>• We will share some fantastic virtual work experience videos our mentors have generously made for us to share with you.</li> </ul>
<b>W7</b> <b>07/11/2021 – 11/11/2022</b>	Time management	<ul style="list-style-type: none"> <li>• 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.</li> <li>• We'll send online resources with tips on how to manage your time better.</li> </ul>
<b>W8</b> <b>14/11/2021 – 18/11/2022</b>	Looking after your mental wellbeing	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Online resources will be shared.</li> </ul>
<b>W9</b> <b>21/11/2021 – 25/11/2022</b>	Reflection week	<ul style="list-style-type: none"> <li>• 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.</li> <li>• This is your week to make the most of your mentor and the freedom to discuss a topic of your choice.</li> </ul>
<b>W10</b> <b>28/11/2021 – 02/12/2022</b>	Thank you and goodbye!	<ul style="list-style-type: none"> <li>• 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.</li> </ul>