

Spring 2023 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
W1 30/01 – 03/02	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 Mullany 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 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 06/02 – 10/02	Your plans and future pathway	<ul style="list-style-type: none"> This week is your chance to discuss the plans you have for the future in more depth with your mentor. You introduced your future intentions to your mentor during your first message, but this week we'd like to see deeper conversations about your current plans. It's a good idea to share your future goals with them so that you can give you advice and support tailored around your future goals.
W3 13/02 – 17/02	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.
W4 20/02 – 24/02 HALF TERM	Work experience	<ul style="list-style-type: none"> This week we would like you to start thinking about what work experience you will need 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.
W5 27/02 – 03/03	Setting SMART goals	<ul style="list-style-type: none"> Knowing how to be self-motivated and set effective and realistic goals is a key skill at any age, that's 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'll send out some goal setting resources too!
W6 06/03 – 10/03	Interview support	<ul style="list-style-type: none"> 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.

		<ul style="list-style-type: none">• Helpful online recourses will be shared.
W7 13/03 – 17/03	Looking after your mental wellbeing	<ul style="list-style-type: none">• Over the last few years, 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.
W8 20/03 – 24/03	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.