



# Introduction to

# **MENTOR CONNECT**

By: McMaster Rehabilitation Club

# WHAT IS MENTORCONNECT?

## OUR PROGRAM HELPS YOU...

MRC connects you with grad students in fields like **physical therapy, occupational therapy, speech-language pathology, audiology**, and more.



Build a  
community of  
like-minded  
students



Navigate grad  
school  
applications



Explore  
rehabilitation  
careers

# WHY SHOULD I JOIN MENTORCONNECT?

## OUR PROGRAM ALLOWS YOU TO...



Receive Professional development advice



Learn from real experiences



Access industry knowledge



Build community and foster personal growth

**MentorConnect helps students network, explore careers, and build lasting connections in Rehab Science.**

Mentors share insights on daily life in their profession, and application advice, and resume support.

# HOW CAN I MAKE THE MOST OUT OF THIS MENTORSHIP PROGRAM?

- Keeping close connections with your mentors
- **Set honest and clear goals:** Are you exploring potential career options? Do you want more guidance on your chosen career path?
- **Build a relationship:** Maintain biweekly/monthly meetings with your mentor (subject to change depending on the mentor and mentee preference)
- **Methods to contact:** Email, Zoom, FaceTime, Video Chat, etc.
- Preparing questions and points of conversation prior to meeting with the mentor



# THINGS TO DISCUSS DURING YOUR FIRST MENTOR/MENTEE MEETING

- When to meet (bi-weekly, monthly, etc.)
- Point of contact (email, text, Zoom, in-person, etc.)
- Commitment: 8 months
- Goals that mentees want to meet, and mentors if they want to
- Issues within the mentee/mentor relationship
- Reach out to externals exec via Microsoft Teams when needed

## COMMUNICATION PLATFORM

Decide between mentor/mentee: Zoom, email, text messaging, in-person

## WHAT IS THE SIGNUP PROCESS?

Google form



# COME PREPARED, AND **KNOW WHAT TO EXPECT**

## MENTEES CANNOT EXPECT:

The mentor  
to be a  
reference

Guaranteed  
opportunities  
from a  
mentor

Mentors to  
do the work  
for you,  
instead they  
will help  
provide  
guidance

# MAKING THE MOST OF **YOUR** MENTORSHIP

Your mentor is here to support you not only academically, but also professionally and personally as you explore OT, PT, and SLP. If you're unsure what to talk about in your meetings, here are some topics you may find helpful:

- Their journey into OT/PT/SLP and what inspired their career path
- Graduate school applications, timelines, and requirements
- GPA, prerequisite courses, and academic planning
- How to find volunteering, shadowing, and clinical experiences
- What grad school is really like (course load, placements, workload, balance)
- Tips for building a strong application and standing out as a candidate
- Interview preparation and personal statements
- Career paths, specializations, and long-term opportunities in the field



We encourage you to come prepared to meetings with questions, goals, or topics you'd like to explore. The more you engage, the more you will gain from the experience.

# HOW DO WE SUPPORT YOU?

## WHAT BENEFITS DO YOU RECEIVE AS A MENTEE?

- Access to educational resources and peer support.
- A Microsoft Teams channel for open communication and guidance.
- Feedback checkpoints to voice your needs throughout the mentorship program.

### What is a checkpoint?

Provides an opportunity for mentees to hear from execs about important announcements, suggest questions of what you could talk about in your mentor-mentee meetings, and feel more connected with the MRC team (this will be done through our Microsoft Teams chat).



# FAQS FOR MENTEES!

## **How do I contact my Mentor?**

Use Teams to send message via DM

## **What if I can't meet biweekly?**

Discuss your availability with your mentor. Together, you can decide on a schedule/arrangement that works for the both of you!

## **What should I expect from meetings?**

Meetings are a chance to discuss your goals, seek advice, or ask for feedback. Come prepared with questions or topics you'd like to cover.

## **What if my mentor is unresponsive?**

Send a follow-up message via DM on Teams. If there's not responses after a week, notify us so we can assist

# FAQS PART 2

## Who can participate in the program?

Any undergraduate student (years 1-4) is eligible to be a mentee! This is a great opportunity to learn more about a multitude of rehabilitation professions (i.e., occupational therapy, physical therapy, speech-language pathology).

Welcome to everyone who is curious, confused and enthusiastic.

## What is a mentor vs. a mentee?

**Mentor:** PT/OT/SLP young professionals, current graduate students and recent graduates. Other types of rehabilitation professionals can be contacted to be your mentor\*

**Mentee:** current undergrad student interested in these professions

## What kind of support can I expect from my mentor?

Topics include: field specific, professional development and guidance in the application process.

Growth-oriented critique: mentors can help provide areas of improvement and offer suggestions.

Should you be volunteering more? What clinics should you reach out to? Community engagement opportunities? Reaching out to professors or supervisors that the mentor is close with/has worked with.

# GETTING HELP



## HOW DO I GET ADDED TO THE MICROSOFT TEAMS CHAT?

After you've received an email from us saying you've been matched, you gain access to the Microsoft Teams.

## WHO DO I GO TO WHEN I NEED HELP?

There will be a mentee only channel where you could post general questions to be answered, or Teams direct message one of the VP Externals (Marwan or Jude), or email [mcrc@mcmaster.ca](mailto:mcrc@mcmaster.ca) (for personal questions or concerns that cannot be directly discussed on Microsoft Teams).

# STAY TUNED!



We'll soon introduce the amazing mentors who are ready to guide you.

To join the mentorship program, you must be a **general member**, so sign up through the QR code below!



Google Form



Rubric



# LEARN MORE!

Visit the link shown on the screen or via the link in our instagram bio to view our mentorship infographic! Here are some benefits of our MentorConnect program!

- ❖ Gain career insights, application advice, and more.
- ❖ Attend regular meetings and set goals with your mentor!
- ❖ Connect with the MRC team for guidance through a mentorship MS Teams channel!

[linktr.ee/macrehabclub](https://linktr.ee/macrehabclub)

