

FINDING A MENTOR AT UCALGARY

Why Mentoring Matters

Mentoring is a powerful way to support your learning, development, and sense of community at UCalgary. A mentor can offer perspective, share experience, and provide a supportive space to think through your goals, challenges, and next steps.

Mentoring helps you:

- Grow confidence
- Gain clarity in your work and career path
- Navigate UCalgary more intentionally

What a Mentor Can Do

A mentor creates space for meaningful learning conversations. They can:

- Share insights from their own experiences
- Offer guidance on navigating UCalgary's culture, systems, and expectations
- Ask thoughtful questions that help you reflect on your strengths and goals

A mentor is not a manager, performance evaluator, or problem-solver.

Their role is to support your growth, not direct your work.

Who Can Be a Mentor

A mentor does not need to be your supervisor or someone in your specific role. Effective mentors can come from:

- Different faculties, units, or disciplines
- Professional or academic roles
- Committees, networks, or UCalgary programs



How to Find a Mentor

Start by identifying what you want to learn or explore. Then consider:

- People you admire or learn from in your day-to-day work
- Colleagues you've collaborated with across units or teams
- Individuals you've met through committees, workshops, or programs

"I've appreciated your perspective on _____. Would you be open to meeting occasionally for mentoring conversations?"

Make the Most of Mentoring

- Arrive with questions or topics you want to explore
- Be open to feedback, new ideas, and different perspectives
- Take time to reflect between meetings
- Show appreciation for your mentor's time and experience

These small practices help deepen the relationship and strengthen your learning