FIND YOUR PLACE
Transitioning to university can be an exciting and challenging time. Finding your way around an unfamiliar campus, adapting to larger class sizes, joining clubs and meeting new friends... there is a lot to learn and do as a first-year student!

We want you to have a great university experience. The Science Mentorship Program exists to help you with all aspects of university life in your first year on campus.

MAKE CONNECTIONS
When you join the program, you’ll meet with an upper-level student mentor every month. They’ll help with all your questions from how to get involved on campus to time management and effective study habits.

It’s not all about school, though! There’s no real limit to what you can talk about. Need advice on navigating campus or how to manage stress? Your mentor will help you figure it out and can direct you to the right resources on campus.

GET SOCIAL
Your mentoring experience will help you with all aspects of university life, and that includes opportunities to get to know your fellow students.

The Science Mentorship Program holds monthly social events, and brings in guest speakers to answer your questions on a variety of topics.

SIGN UP
To sign up for the Science Mentorship Program, visit science.ucalgary.ca/mentorship

Get answers to your questions, and connect to available resources, at the Undergraduate Science Centre (USC) science.ucalgary.ca/current-students/uscc • usc@ucalgary.ca • 403.220.8600
LEND A HAND
You know that the first semester of university is both an exciting and challenging time.

When you first started, wouldn’t it have been great to have someone help connect you to resources on campus, make a study schedule, or introduce you to new friends?

If you’re in your third year or higher, with good academic standing, you can make a real difference for your fellow Science students, and build your leadership and mentoring skills by volunteering only a few hours each month.

STAND OUT FROM THE CROWD
By volunteering your time as a mentor in the Science Mentorship Program, you will be able to include your activities on your Co-Curricular Record (CCR), a university recognized and accredited transcript of your extra-curricular activities. The CCR is an excellent supplement to resumes and CVs, especially when you’re looking for volunteer and job opportunities, or applying for further education.

THE SPECIFICS
The time commitment needed to enrich your mentee’s university experience — and your own — is probably less than you’d think!

As a mentor, you’d be asked to commit to:
• Mentorship training in September
• Online mentorship resources
• Monthly meetings between you and your mentee
• Attending social and professional development events

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