Expectations

Both mentors and mentees are expected to dedicate 1 - 2 hours of meeting time each month, whether those meetings occur on campus, at a coffee house, or in the mentor’s workplace. In addition, the Office of Applied Learning Experiences (ALEX) will host Mentorship Program events at least twice each semester. Such events are designed to not only bring mentors and mentees together, but also to provide networking opportunities and promote professional development.

I’m interested, what do I do now?

Registration is held throughout the year, with the beginning of mentor-mentee relationships initiated at a kick-off event at the beginning of the following academic semester. For example, the ALEX Mentorship Program application deadline for the Fall semester kick-off (held at the beginning of September) is August 1 and the application deadline for the Spring semester kick-off (held at the beginning of January) is December 1.

Prospective mentors or mentees can go to the ALEX Mentorship Program website for more information and to apply for inclusion in the program:

hilo.hawaii.edu/ALEX/mentorships

Please direct any additional questions regarding the mentorship program to:

Shannon Sampaga or Dr. Tom DeWitt
ALEX Event Planner Director - ALEX
sampagas@hawaii.edu tsdewitt@hawaii.edu
808.933.9986 808.987.6551

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The ALEX Mentorship Program is managed by the University of Hawai‘i at Hilo (UH Hilo) Office of Applied Learning Experiences (ALEX) with the support of a Title III Alaska Native-Native Hawaiian (ANNH) Serving Institutions grant. It is the mission of ALEX to maximize the breadth and depth of real-world learning experiences offered to UH Hilo students.

**MENTEES**
Through mentoring, mentees (students) gain:
- Individual recognition, encouragement, and support.
- Increased self-esteem and confidence when dealing with professionals.
- A realistic perspective of the workplace.
- Advice on how to balance work and other responsibilities and set priorities.
- Knowledge of workplace "dos and don'ts"
- Experience in networking.

**MENTORS**
Through mentoring, mentors gain:
- Increased self-esteem.
- Satisfaction of helping a student reach his or her academic and professional goals.
- Enhanced coaching and leadership skills
- Increased patience and improved supervisory skills.
- An expanded network of professional colleagues.
- Recognition at work for participating in a job-related activity.

**EMPLOYERS**
Through mentoring, employers gain:
- An effective employee recruitment and retention tool.
- Improved supervisory skills, work habits and productivity.
- Increased employee job satisfaction.
- A way to promote professional development within the organization.
- An inexpensive and easy way to positively impact their community.
- An opportunity to help share the workforce of tomorrow.