

October 2015 San Diego State University

Upcoming SDSU Career Services Workshops:

LinkedIn & Social Media Drive In

Tues. 10/13 1:00-2:00 p.m.

Career Fair Success

Wed. 10/21 11:00a.m.-12:00p.m.

Resumania

Mon. 10/26 1:00 p.m.-3:00 p.m.

Workshops held in Career Services, SSE

Click [HERE](#) to see all Career Services Upcoming Events

Finding a Mentor Can Help You Find Success!

What is a mentor? "A mentor is a professional advisor who agrees to provide expertise to "mentees" or "protégés" in order to help them build and succeed in their career, develop their skill set and experience, and build their networks." In some ways, a mentoring relationship is like a long-term informational interview. Here are some tips for finding and making the most of a mentor:

- First and foremost, be proactive. Gaining a mentor is up to you.
- Seek a mentor in your existing network.
- Start small. "Ask an experienced person a focused and informed question about something you need to learn about your career."
- Be specific about the kind of help you need.
- "Meet" any way you can.
- Ask your mentor to make you accountable.



For more detailed information on the above tips, please click on this link to read the article in full:

<http://schools.wetfeet.com/advice-tools/career-planning/seek-a-mentor>

Don't miss these two events...

- **Graduate & Professional School Fair**, on **Thursday, October 15** from **10:00 a.m. to 2:30 p.m.** held on the **North Love Library Terrace**.
- **Engineering & Science Career Fair** on **Wednesday, October 28** from **10:00 a.m. to 2:30 p.m.** in **Montezuma Hall**.



Check us out on FB:

Career Services [Click here](#)

CA Dept. of Rehabilitation [Click here](#)

Student Disability Services [Click here](#)



Would you like to schedule an appointment? Have questions or comments? Please contact:
Jeanette Meliska-Romero (Undergraduates) at jmeliska@mail.sdsu.edu
Tina Little (Graduates/Alumni) - tlittle@mail.sdsu.edu