



MentorRollins @ Rollins School of Public Health at Emory University: Mentee User Guide





Get on demand career help from Rollins School of Public Health at Emory University alumni

Access personal coaching from professionals who've worked at top companies across different industries



**CAREER
CONVERSATIONS**



**RESUME
CRITIQUES**



**MOCK
INTERVIEWS**

**AND MUCH
MORE...**

Register as a mentee



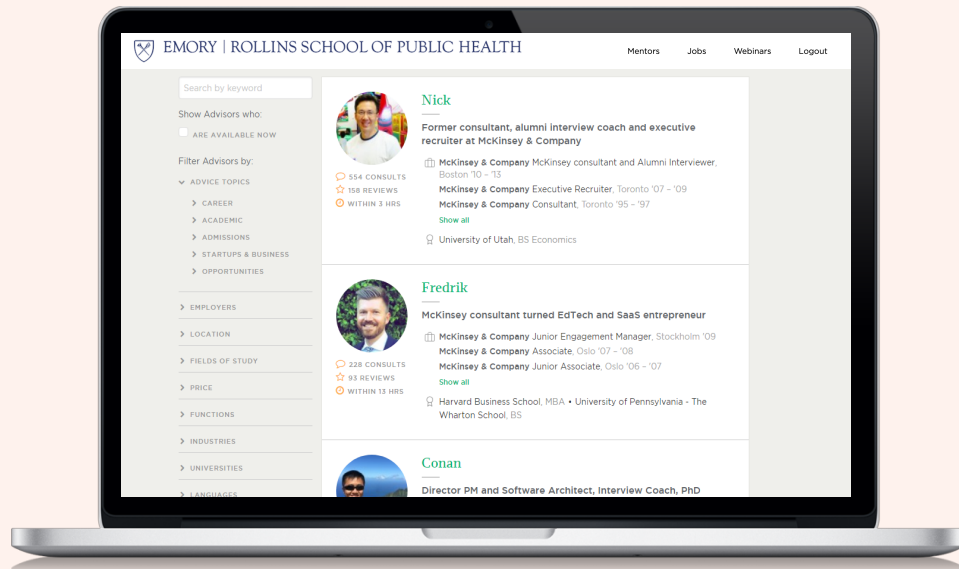
- Visit rsph.firsthand.co, click 'Mentee' and create your profile
- Enter your contact information and career goals
- View suggested mentor matches and request a consultation, or view all mentors



Search and select the right mentor

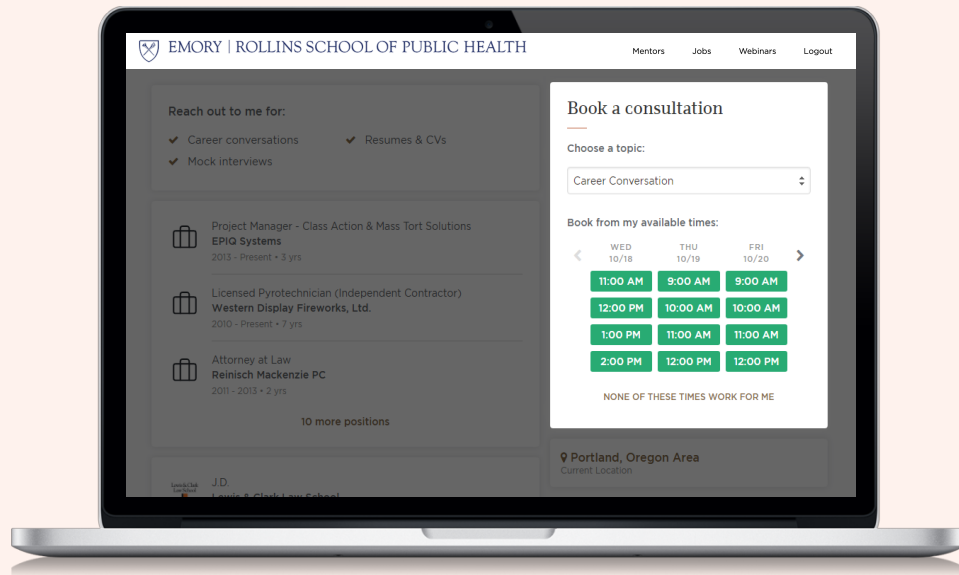


- Browse mentor profiles to find someone you're interested in talking to
- Filter mentors by function, industry, employer, type of consultation, location, field of study, language, and more
- Once you've found a mentor, click on their profile to learn more about them and book a consultation



Book your consultation

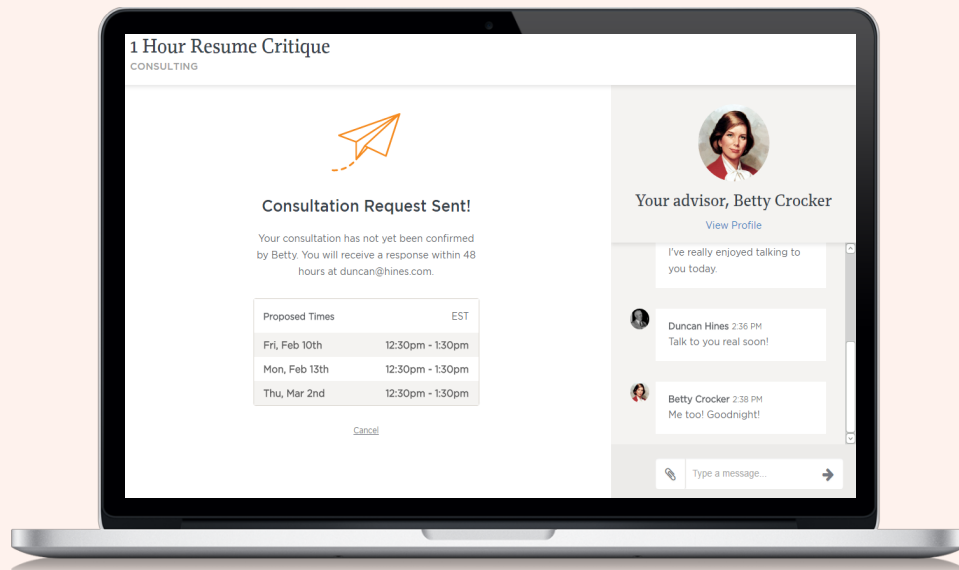
- Select a time to connect with them under “**Book a Consultation**”
- Suggest three meeting times and write a message introducing yourself and outlining what you’d like to get out of the consultation
- Submit your request and wait for the mentor to accept one of your suggested times



Connect with your mentor



- Your consultation homepage allows you to message your mentor and upload files in preparation for your session
- Dial in to the conference line provided to connect with your mentor at the scheduled time
- Provide feedback on your consultation once complete



FAQ



- **How do I know if the mentor I select is right for me?**

Before requesting a meeting, mentees can review the mentor's profile online, including any available feedback from other mentees. You can also view a mentor's current title, work experience, academic background and, when available, general schedule.

- **Will the mentor be able to see my phone number or email address?**

No, your phone number and email address are never shared with the mentor as all communication is routed through your consultation homepage.

Tips for a successful consultation



- **Before your consultation:**
 - Write an introductory message and upload any documentation that will be relevant to your call (e.g. resume, cover letter, job description, etc.)
 - Respect the mentor's time commitment by planning and preparing topics of discussion. Prepare specific, intelligent, and productive questions that can guide your discussion.
- **During your consultation:**
 - Be prepared to briefly introduce yourself professionally.
 - Prior to your session think about your purpose for talking with a particular mentor. Would you like to learn more about the industry, the company, the career path, etc.?
 - Remember to keep the conversation professional. Do not ask personal questions or ask a mentor directly for job placement or internship assistance.
 - Strive to be a receptive and active listener
- **After your consultation:**
 - Show appreciation for the time and assistance given by the mentor by sending a follow up thank-you message. Note that unless the mentor provides his/her contact information during the call, you must do this within 24 hours of the consultation, while your consultation homepage is still active



Ready to build a network of
successful mentors?

rsph@firsthand.co

RSPH.FIRSTHAND.CO