Mentorship Programs for New International Students

International Student Services

University of Calgary
What is Mentorship?

- Paired with someone with more experience in a certain area
- Exchange of knowledge and perspectives
- Empowering and supportive
Benefits of Mentoring

- Form Connections
- Ask Questions
- Support Finding Resources
- Feedback and Guidance
Mentorship programs at UCalgary

• Graduate Students’ Association: GSA Mentorship
  • [https://gsa.ucalgary.ca/services/mentorship/](https://gsa.ucalgary.ca/services/mentorship/)

• Faculty-specific mentorship programs:
  • Faculty of Arts
  • Cumming School of Medicine
  • Haskayne School of Business
  • Faculty of Kinesiology
  • Faculty of Nursing
  • Schulich School of Engineering
  • Faculty of Science
  • Faculty of Veterinary Medicine
  • Werklund School of Education

  visit the website for more information: [https://contacts.ucalgary.ca/directory/faculties](https://contacts.ucalgary.ca/directory/faculties)

• Students’ Union: Queer Mentoring Program
  • [https://www.su.ucalgary.ca/programs-services/student-services/the-q-centre/](https://www.su.ucalgary.ca/programs-services/student-services/the-q-centre/)

• Leadership and Student Engagement office: Emerging Leaders Program
  • [https://www.ucalgary.ca/student-services/leadership/leadership-development/emerging-leaders-program](https://www.ucalgary.ca/student-services/leadership/leadership-development/emerging-leaders-program)

• International Student Services: GPS Mentorship Program
Group Pair Share (GPS) Mentorship

UCalgary International Student Services
What are the objectives of this program?

This is a term-based program:

• To welcome new international students to the University of Calgary community

• To provide peer-advice about adapting to studying at the University of Calgary and adapting to life in Calgary

• To build connections among new international students starting their studies and current UCalgary students
Who is a mentor?

A mentor is a “trusted friend or guide”.

A GPS Mentorship Program Mentor is a student who has experienced life at the University of Calgary and wishes to be a resource or helping hand to another student as they navigate their own UCalgary experience.
Support Network across Campus

Career Services

Wellness Centre

ISS

Leadership & Student Engagement

Student Success Centre

Academic Faculties & Departments

SU & GSA

Community Resources
Who is a mentee?

A new-to-UCalgary international student starting studies in Calgary for the first time.

If there is capacity, 2nd year students new-to-Calgary will be matched and/or welcomed to attend group events.
How are participants matched?

Level of Study (undergrad+undergrad; grad+grad)

1. Area of Study (program> faculty)

1. In Calgary or time-zone (if possible)

Shared Interests
Why might a mentee sign up?

• Get advice about settling in Calgary
• Learn about social things to do in Calgary
• Get advice about studying in their program or faculty
• Learn about UCalgary resources
• Meet new people and build social network
• Feel connected to the UCalgary community
ISS Links

• General website: www.ucalgary.ca/iss

• GPS Mentorship Program: https://ucalgary.ca/student-services/iss/student-life/international-mentorship

• Questions: imentor@ucalgary.ca