

Mentee Profile Sheet (students)

- All information will be treated confidentially and used only in the context of this mentoring programme. Apart from the contact details, all information is voluntary. However, the more comprehensive this information is, the better we can respond to it in the matching process.
- Depending on the number of applications, it may not be possible for all mentees registered to participate. However, we try to find the best solution for everyone.

family name		given name	
date of birth		children (age)	
e-mail		telephone	
postal address			

gender identity: female male diverse other:

study programme	
semester	
undergrad / postgrad	
specialisation/subject area	

Have you already studied in another degree programme or completed vocational training before your current studies? If yes, which one?

Do you already have practical experience? <i>(Internships, jobs, professional activity - please specify with time periods)</i>	
	no

In which areas would you like to work in the future?

Do you currently have connections to one or more companies? If yes, which one(s)?
(Bachelor thesis/Master thesis/working student employment etc.)

--

Which of the following areas of development would you like to work on as part of the mentoring programme (multiple answers possible)?

<input type="checkbox"/>	defending your own point of view
<input type="checkbox"/>	dealing with feedback
<input type="checkbox"/>	confident demeanour
<input type="checkbox"/>	handling conflicts
<input type="checkbox"/>	self-reflection
<input type="checkbox"/>	networking skills
<input type="checkbox"/>	leadership skills
<input type="checkbox"/>	time management
<input type="checkbox"/>	communication skills
<input type="checkbox"/>	presentation skills
other:	

Which of the following topics would you like to work on with the mentor *(please select the three to five most important topics for you)?*

<input type="checkbox"/>	job and career planning
<input type="checkbox"/>	application
<input type="checkbox"/>	professional exchange and support during your studies
<input type="checkbox"/>	supervision of final theses
<input type="checkbox"/>	contact mediation, introduction to networks
<input type="checkbox"/>	personal development
<input type="checkbox"/>	balancing family and career
<input type="checkbox"/>	placement in internships, if possible
<input type="checkbox"/>	jobshadowing (accompanying mentor to place of work)
<input type="checkbox"/>	equal opportunities at work/ working as a woman in a male domain
<input type="checkbox"/>	private contact
<input type="checkbox"/>	working abroad
other:	

What other ideas do you have about a mentoring relationship? (e.g. type of cooperation, time between meetings ...) What particularly appeals to you about participating?

How do you spend your free time, what are you passionate about?

I would like to participate in the following track of the mentoring programme:

professional steps

professional steps: Women x Women

professional steps: international students

I would like to be part of the Bavaria-wide career support programme for women "BayernMentoring"¹:

yes no

I agree that my contact details (name, degree programme, e-mail) may be passed on to other participants for the purpose of contacting each other:

yes no

In which language should tandem meetings preferably take place?²

German

English

Declaration:

I hereby submit a binding application for admission to the mentoring programme "professional steps". If I am accepted to the programme, I commit to regular contact with my mentor.

Please send the completed profile sheet to the project coordinator via email:

mentoring@oth-regensburg.de

We will then contact you to inform you about the next steps.

¹The BayernMentoring programme is run by the Landeskonferenz der Frauenbeauftragten der bayerischen Hochschulen für angewandte Wissenschaften since 2005/2006. If you want to participate in BayernMentoring, we will always assign a female mentor to you. There are also additional Bavaria-wide seminars available to you.

² For English-speaking mentees, we try to find mentors who also speak English. Unfortunately, the joint events and documents are currently only available in German.