

21.11.2023



WELCOME TO GROUP MENTORING!

HELSINGIN YLIOPISTO
HELSINGFORS UNIVERSITET
UNIVERSITY OF HELSINKI



AGENDA FOR THIS EVENING

Welcome!

Practical viewpoints

Your first meeting as a
group



31 astonishing mentors

119 highly motivated actors



ON A DOG SCALE – HOW ARE YOU FEELING RIGHT NOW?



Which dog are you today?





SCHEDULE FOR THIS SEASON

- Kick off – time to meet your own group after the joint event
- The first meeting(s) Nov-Dec 2023
- 4 to 5 meetings between Jan–May 2024
- (Mid-term meeting for mentors in February)
- Closing event on Mon 6.5.2024 at 17.00 in Viikki (or City Centre Campus)

WHAT HAPPENS IF I GRADUATE BEFORE THE CLOSING EVENT?

A wide-angle photograph of a large, modern lecture hall. The seating is arranged in wide, tiered rows with dark blue horizontal dividers. The walls are covered in vertical wooden slats. Several students are visible, some sitting and some standing, engaged in conversation or looking towards the front of the room. The lighting is bright and even.



MEETINGS – PRACTICAL VIEWPOINTS

- The actors are responsible for organising the meetings (book rooms etc).
- **Plan the meetings as far ahead as possible** - perhaps already today?
 - What happens if someone can't attend? Is it possible to have hybrid meetings if needed?
- You decide together how and where you meet!
 - University libraries have many group study rooms
 - Oodi Library
 - ~~cafe's & restaurants~~
- Respect others: let them know if you (for some good reason) can't attend some of your meetings
- Reserve plenty of time for discussion!





ASK, ENCOURAGE, LISTEN, RESPECT



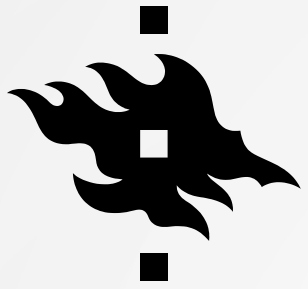
WORKBOOK FOR MENTORING



WORKBOOK FOR MENTORING

MINNA-ROSA KANNIAINEN, JAANA NYLUND, PÄIVI KUPIAS





THIS EVENING: THE MENTORING AGREEMENT

YOUR EXPECTATIONS AND GOALS AS A GROUP!

- Make sure you all agree on the content: it's up to you what you want to discuss in your own mentoring group
- Decide who in the group will look after the agreement and share it with others.
- Does not need to be handed in.
- Do this during your first meeting!
- Perhaps you want to check up on your goals after 2-3 meetings?!
- Where is it? The last page of your Workbook for Mentoring & link in the Information material & paper on your table



DIPLOMA FOR PARTICIPATING IN THE GROUP MENTORING PROGRAMME

- Everyone gets their own copy in the closing event (or by post/e-mail)
- The language of the diploma is the language of your group.



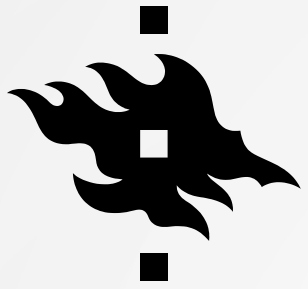
DIPLOMA

for participating in the group mentoring programme



DIPLOMI

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ACTOR, WANT TO EARN ONE STUDY CREDIT?

It is possible to earn 1 study credit by participating to this programme.

Make sure that your own degree programme accepts this arrangement!

1. Attend the meetings.
2. Keep a learning diary of every meeting (0,5-1 page).
3. Read the Workbook for Mentoring. Choose min. four exercises from the workbook and do them.
4. Hand in both your learning diary and the exercises by 31.5.2024 to careerservices@helsinki.fi



THE MENTORING ARCH

Beginning:

- Getting to know one another
- Defining objectives
- Committing to the process and laying down ground rules

End:

- Evaluating and identifying what was learned
- Giving and receiving feedback and thanks
- Concluding the mentoring process and agreeing on future communication




Middle:

- Clarifying and redefining objectives
- Acknowledging changing life situations
- Developing the mentoring relationship
- Turning insights into action
- Giving and receiving regular feedback



MATERIAL MISSING OR SOMETHING YOU'D LIKE TO SHARE WITH OTHERS?



UNIVERSITY OF HELSINKI GROUP MENTORING PROGRAMME

NEWS GROUP MENTORING PROGRAMME ▾ APPLY TO THE PROGRAMME ▾ CONTACT US

Materials

Materials to support group mentoring process:

[Information Pack for the Participants 2023–2024 \(pdf\)](#): Lots of important information about the programme and its practicalities – **read this one first!**

[Workbook for Mentoring, University of Helsinki 2017 \(pdf\)](#): A very practical guide with good instructions and various exercises for the different phases of mentoring – explore by yourself and with your group!

[Mentoring agreement \(docx\)](#): The key document to guide your group's activities during the programme. Your group will fill in the agreement together at the Kick-off event.

[Group mentoring pre-assignment for students – season 2023-2024 \(pdf\)](#)

GROUP MENTORING PROGRAMME 2023-2024

During the season, you can add links and tips that might be of interest to others. Events, webinars, interesting articles... you name it! Finnish, English, Swedish – it's your choice.



contactforum.fi

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Lisää kommentti

Group Mentoring Blog: Materials



blogs.helsinki.fi

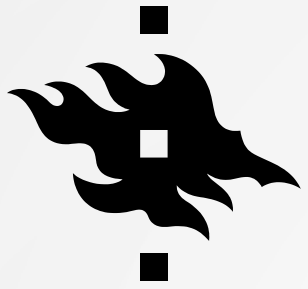
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YOUR GROUP, YOUR THEMES, YOUR MENTORING JOURNEY



MENTORING STARTS!

Have a break, if you want 😊 Please leave the building at latest 19.30.

Remote groups, 2nd floor:

Loima 2032

Hammoud 2045

Järvelä 2046

Lahdenperä 2047

Lehtonen 2048

Barun 2049

Other groups:

you can use this lecture hall, library etc

**Someone not here and you haven't
heard of them?**

Let us know!



HAVE A GREAT JOURNEY!

Your support during the programme:

careerservices@helsinki.fi

salla.wilen@helsinki.fi