

# ACTUARIAL SCIENCE MENTOR GUIDE

Things to consider

## WHAT IS THE PROGRAM ABOUT?

The Actuarial Science Club, in partnership with the Department of Statistical Sciences, offers the Alumni Mentorship program to bring together undergraduate students studying actuarial science (major or specialist) with professionals who have graduated from the program.

The program was created to support three main goals:

1. To further engage the alumni on a regular basis as mentors and provide the mentees with a link to Act Sci alumni who embarked on their careers in statistics-related industries.
2. To establish this connection to build and solidify the Act Sci community, giving the current students a sense of belonging and trust, and alumni pride in giving back and ownership in the program.
3. To overcome feelings of isolation with alumni support in a small group setting to interact with classmates, given the current climate of virtual education

## THE ROLE OF A MENTOR

Mentors come from a broad array of professions and disciplines. They are interested in supporting student success and are willing to introduce students to their professional and social networks. The role of the mentor is to:

- Share knowledge and experience
- Engage in the lives of mentees
- Provide encouragement, support and resources
- Coach mentees to overcome challenges through positive feedback
- Help mentees set realistic goals

## THE BENEFITS FOR THE MENTOR

Through this program, mentors:

- Reflect on and improve their own teaching practice as they interact with and learn from their mentees
- Improve their networks and contacts with the Act Sci community at U of T
- Receive an opportunity to give back
- Enjoy the satisfaction of knowing they are helping the student understand the unfamiliar and often daunting world they will face after graduation
- Heighten their profile as an active supporter of the Act Sci community
- Have valuable practice in developing coaching and leadership skills
- Heightened self-awareness

## STRUCTURE OF THE PROGRAM

Mentors and mentees will be matched based on the career interested indicated in the online application. You will know your pairs by the end of September. Mentees are responsible to reach out to you to start the first meeting. The pairs are strongly recommended to meet at least twice per semester or twice a year virtually or in-person as mutually agreed upon. There will be a kick-off event in October to foster a sense of community of the program and offer opportunities for mentors and mentees to meet.

We recognize each individual will offer a unique approach to mentorship, and therefore we do not provide formulaic requirements for each meeting and experience. Rather, we encourage each partnership to develop its set of expectations to determine the formality and frequency of meetings.

## QUESTIONS?

If you have any questions, please feel free to connect with the Actuarial Sciences club ([actsclub@utoronto.ca](mailto:actsclub@utoronto.ca)) or contact our Mentorship Programs Coordinator ([ivan.nguyen@utoronto.ca](mailto:ivan.nguyen@utoronto.ca))

Thank you and we look forward to having you in the program.