



# ALUMNI MENTORS

## **CSULB Alumni Mentoring**

Mentoring is the development of a voluntary relationship between a mentor and mentee in which the participants ask and answer questions via email, phone, LinkedIn, or Skype. The relationship is characterized by respect and a conscious effort toward mutual exchange and interpersonal support.

Mentoring opportunities through the Alumni Office consist of alumni and friends volunteering their time to serve as mentors to recent graduates and current CSULB students seeking advice and guidance. The mentoring opportunities available are free for mentees as well as for mentors. By participating, the mentor agrees not to charge students for mentoring or services.

There is no expectation that a face-to-face meeting will occur. If you choose to meet in person, please choose a public place, where you feel comfortable and safe. The mentee and mentor will decide together if that is a desired outcome. Additionally, there is no expectation that internships, employment opportunities will result from the relationship.

## **Time Commitment**

The time committed to the relationship is entirely up to the participants—however we expect at least a monthly exchange of correspondence. By committing to be a mentor/mentee, you agree to maintain contact through the academic semester.

The mentee and the mentor shall decide together what format and timeframe works best for them. Alumni staff will initiate first contact between mentee and mentor, and then check in with both parties periodically throughout the semester in order to gather feedback, recommendations, and testimonials.

## **Conduct**

The Alumni Office is not responsible for the way mentors and mentees interact. The Alumni Office takes precautions to secure personal information, but is not responsible for what students or alumni do with the personal information that is available or accessible. Additionally, the safety of all participants is our main concern. All participants are responsible for their own actions and decisions. If you have an unpleasant or uncomfortable experience in your communications with a mentor/mentee, please contact us via email at [alumnimentor@csulb.edu](mailto:alumnimentor@csulb.edu) or 562-985-5880.