

# USJ MENTORSHIP PROGRAMME

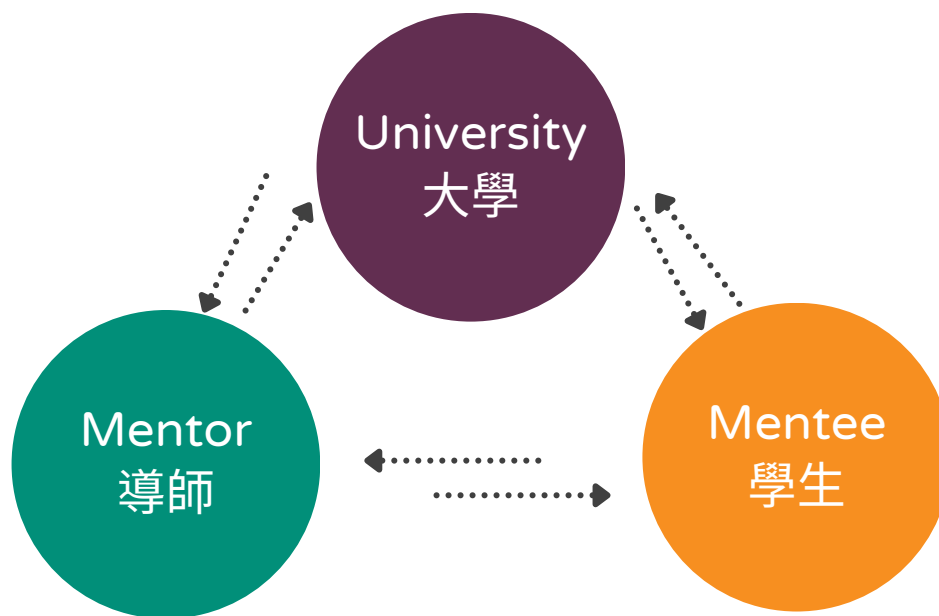
24/25 瑟·友計劃

Mentoring Framework 指導框架

- Career Development  
就業發展方向
- Entrepreneurship  
Experience  
創業經驗
- Social Exposure  
and Networking  
認識社區及擴闊  
人際網絡
- Leadership &  
Management  
領導及管理能力
- Personal Growth  
個人成長
- Adapting to living in  
Macau (for non-local  
students)  
融入澳門生活  
(非本地生)

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- Re-connect with USJ 與聖大重建聯繫
- Share knowledge, skills and experiences  
知識、技能及經驗傳承
- Interact with students of the new generation  
與新世代學生交流互動

- Learn more about USJ 對聖大更了解
- Build and expand the professional networks  
建立及拓展專業人際網
- Gain experiences and advice from seniors  
吸取前輩經驗及心得
- Explore yourself from mentors & broaden the horizons  
透過導師了解自我及拓視野

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### Mentees 學生 Do's & Don'ts

- ✔ Responsibility – Be the driver of the relationship  
責任感 – 主導師友關係
- ✔ Consistency – Communicate at least two hours per month  
持續性 – 每月至少溝通兩小時
- ✔ Accountability – Agree & commit to expectations & goals  
權責 – 同意並致力於期望和目標
- ✔ Professionalism – Be open-minded, professional & respectful  
專業 – 持開放態度、專業及尊重對方
- ✔ Receptiveness – Be receptive to suggestions & feedback  
包容性 – 樂於接受建議及反饋
- ✘ Be shy of interaction with mentors  
害怕與導師交流
- ✘ Ask for job, internship or sponsorship from mentor  
向導師尋求工作、實習或贊助
- ✘ Simply ask for all solutions  
直接詢問解決方法
- ✘ Ignore agreed commitments without explanations  
忽略協定的承諾而沒有加以說明

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### Mentors 導師

### Do's & Don'ts

- ✔ Patience – Let your mentee be driver of the relationship whenever possible  
耐心 – 盡量讓您的學生主導師友關係
- ✔ Consistency – Communicate at least two hours per month  
持續性 – 每月至少溝通兩小時
- ✔ Guidance & Support – Help your mentee to set goals  
指引及支持 – 協助您的學生訂立目標
- ✔ Responsiveness – Respond to all communications shortly  
積極性 – 適時回應訊息
- ✔ Professionalism – Be open-minded, professional & respectful  
專業 – 保持開放、專業及尊重對方
- ✘ Offer jobs, internships or sponsorships to your mentee  
為學生提供工作、實習及贊助
- ✘ Assume responsibility for student's career development  
承擔學生職業發展的責任
- ✘ Simply provide all solutions  
直接提供解決問題辦法
- ✘ Ignore agreed commitments without explanations  
忽略協定的承諾而沒有加以說明



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## Suggestions

### Mentees 學生

- 💡 Be proactive & active  
主動積極
- 💡 Get to know your mentor  
認識您的導師
- 💡 Set goals & expectations with your mentor  
與導師共同訂立目標及期望
- 💡 Plan ahead & make a good first impression  
提前計劃並留下美好的第一印象
- 💡 Ask your mentor good questions timely  
適時詢問您導師一些好問題
- 💡 Accept suggestions or feedback & learn from it  
接受建議或反饋並從中領悟
- 💡 Networking expansion & pursuits  
拓展及經營人際網絡

### Mentors 導師

- 💡 Be an listener to know your mentees  
以聆聽者角色了解您的學生
- 💡 Set goals & expectations with your mentee  
與學生共同訂立目標及期望
- 💡 Share experiences & provide advices  
分享經驗及提供意見
- 💡 Be a coach to challenge & motivate our mentee  
以教練角色挑戰及激勵學生
- 💡 Guidances on students development & job hunting  
學生發展及求職的指引
- 💡 Tell your story & inspire the mentee  
講述您的故事並啟發學生
- 💡 Networking expansion & pursuits  
拓展及經營人際網絡

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## Excerpts from Past Participants 過往學員感想節錄

“Even with the end of the program, I built a strong bond of friendship with my mentor, which is a great achievement that I will take for life!” - Selina Xian

(在瑟友計劃結束後，我與我的導師繼續維持牢固的友誼，這是我將終生珍惜的重要收穫。)

“I get to know more information of different job positions in Macao when I am talking with the mentors and mentees in the gathering.”

(在聚會中與導師和其他學員交流時，我了解到更多澳門職業環境不同職位的資訊。)

- Nelson Chio

“Our mentor felt like a big brother to us. We got to know the mentor’s stories about becoming an architect and what’s it like to be an architect in Macao.”

(我們的導師就像是我們的大哥，我們了解到導師成為建築師的故事，以及在澳門當建築師是怎樣的。)

- Shamita Lumibao