



Practical info about the mentoring program

1) (Obtaining) more information

If you think you might benefit from some form of support but are not sure if mentoring would be right thing, please read on and contact any of the people below and ask for more information.

The student-mentors are either WISP students in their last year of studies, or recent graduates from WISP. Because of their experience as WISP students and because of successfully completing the studies, they have better insight in the different aspects of studying at WISP than anyone else. The mentors have been specifically selected and prepared, and will be guided and supervised. The mentoring program is free of charge.

The coordinator and supervisor of the WISP mentoring program is Jan Jędrzejczyk. Jan is a psychologist, certified coach, completing post-graduate psychotherapy studies and is a PhD candidate at our Faculty. You can contact him, or the other contact persons below, with questions about the mentoring program. You can contact Jan as well with questions about other forms of support WISP is offering.

Contact persons for mentoring:

Please do not hesitate to contact any of us if you have questions or would like to know more about the mentoring program

- | | | |
|-------------------------|------------------------------------|------------------------|
| • Jan Jędrzejczyk | jan.jedrzejczyk[at]psych.uw.edu.pl | tel. (+48) 692 217 452 |
| • Wouter de Raad | wderaad[at]psych.uw.edu.pl | room 410 |
| • Aleksandra Lindenberg | alinden[at]psych.uw.edu.pl | WISP Office |
| • Marta Porębiak | marta[at]ipsycholog.com | |
| • Urszula Szulc | uszulc[at]psych.uw.edu.pl | |
| • Gerard Hoefling | gdh29[at]drexel.edu | |

2) Choosing a mentor

All of the contact persons above have a list of the available mentors. Each of the mentors is described shortly and you can choose the mentor that you think is the most appropriate. You're allowed to have an introductory meeting, during which you'll get to know the mentor and decide if you want to start the mentoring process with him/her. You can inform him/her about your decision at the end of the meeting, or at a later moment. There is no obligation to cooperate with a mentor however, and in case you decide you do not want to proceed with that mentor, you can schedule a meeting with another one.



3) Introductory meeting

Part of the mentoring process is to become aware of what precisely you wish to achieve and accomplish, and these topics will be focused on during mentoring. If you have some ideas about this already, it is a good idea to share these with the mentor during the first meeting. On that first meeting, you get to know the mentor, he/she will tell you about the mentoring process, and also about the scope of your engagement that is desirable to make the mentoring work. You should confirm the choice of the mentor on the basis of this meeting; you can also give yourself some time to make a decision. If you confirm the choice of the mentor, then arrange with him/her a date for the next meeting. Mentoring is based on voluntary mutual agreement, so there is no obligation to work with a specific mentor. If after the initial meeting you decide you prefer not to work with the mentor, that is no problem and you are encouraged to contact another one – see point 2.

4) The mentoring process

At the first meeting you and your mentor discuss the way in which the mentoring process will work, what the mutual expectations are, possible goal(s) or themes you may want to work on, the way you will maintain contact – and their frequency and duration. If you decide to engage in mentoring, this means that you in principle commit and make an effort to meet with the mentor for a minimal number of meetings.

Mentoring is planned to last at least 3 months, and can be extended by mutual agreement after that. Meetings are expected to be regular, but their frequency and duration will be agreed upon by you and your mentor. Each mentoring process is different and should be shaped and adapted accordingly.

Place of meeting depends on the agreement with your mentor.

Ending the mentoring process earlier than planned: It is possible to end mentoring earlier than planned. This for instance may happen if you achieve your goals before the minimal number of planned meetings. Alternatively, if you are not happy with the mentoring experience you may choose to resign. In case you want to end the process earlier than planned, do inform your mentor about this decision.