

DALYELL SUMMARY

ABSTRACT

I have designed this FASS 2nd Year Students Dalyell Mentor Program at the University of Sydney is a comprehensive six-session workshop designed to support students in their academic and professional development. The program covers a range of essential topics, including personal storytelling, career exploration, networking strategies, problem-solving, self-awareness, and professional skill development.

Each session builds upon the previous one, incorporating interactive discussions, practical exercises, and reflective assignments. Students are encouraged to explore their strengths, values, and career aspirations while learning from their mentor's experiences and peers' insights. The program emphasises the importance of self-awareness, working with tools such as the Myers-Briggs Type Indicator and VIA Character Strengths survey to help students better understand themselves and their potential.

Key focus areas include developing effective networking skills, managing time and work-life balance, building confidence, and honing essential professional competencies like communication, critical thinking, and leadership. The program culminates in student presentations and long-term career planning discussions, equipping participants with the knowledge and skills necessary to navigate their academic journey and future careers successfully.

This mentor program aims to foster a supportive learning environment where high-achieving students can grow, challenge themselves, and prepare for their future professional endeavours.

SUMMARY

Session 1: Introduction and Personal Stories

1. Introduction to the program
2. Mentor's career pathway overview
3. Discussion on mentorship and its importance
4. Student introductions:
 - Current studies and reasons for choosing them
 - Greatest strength related to university experience
 - Expectations from the mentorship program
5. Assignment: Prepare three specific questions for future sessions, including at least one current struggle
6. Assignment: List three most admired people and their admirable characteristics

Session 2: Career Exploration and Networking

1. Review of assignments from Session 1
2. Discussion on various academic and professional pathways
3. Networking strategies:
 - Connecting with industry professionals
 - Building meaningful professional connections
 - Do's and don'ts of networking
4. Gaining professional experience:
 - Internships and work opportunities
 - Boosting employability during undergraduate years
5. Q&A session addressing students' prepared questions
6. Assignment: Research and prepare a specific career-related situation to discuss in the next session

Session 3: Navigating Specific Career Situations

1. Review of assignments from Session 2
2. Discussion of students' prepared career situations
3. Problem-solving and decision-making strategies
4. Time management and prioritization techniques
5. Work-life balance strategies
6. Assignment: Complete Myers-Briggs Type Indicator (MBTI) test

Session 4: Self-Awareness and Personal Growth

1. Review of MBTI results
2. Discussion on personality types and their implications in academic and professional settings
3. Self-awareness exercises:
 - Identifying personal strengths and weaknesses
 - Understanding how others perceive you
4. Strategies for personal growth and improvement
5. Assignment: Complete VIA Character Strengths survey

Session 5: Developing Professional Skills

1. Review of VIA Character Strengths results
2. Discussion on leveraging personal strengths in academic and professional contexts
3. Developing essential professional skills:
 - Communication (written and verbal)
 - Critical thinking
 - Leadership
 - Adaptability
4. Strategies for overcoming shyness and building confidence
5. Assignment: Prepare a short presentation on a topic related to your field of study

Session 6: Future Planning and Program Wrap-up

1. Student presentations
2. Long-term career planning strategies
3. Continuing education and lifelong learning
4. Recap of key lessons from the program
5. Final Q&A session
6. Program evaluation and feedback

Throughout the program....

- Encourage open discussion and peer-to-peer learning
- Provide real-world examples and case studies
- Offer individual feedback and guidance
- Promote networking among participants

DETAILED SYLUBUS

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Session 1: Introduction and Personal Stories

1.1 Welcome and Introduction

Welcome to the FASS 2nd Year Students Dalyell Mentor Program at the University of Sydney! This program is designed to help you navigate your academic journey, explore career opportunities, and develop essential professional skills.

1.2 Mentor's Career Pathway

Through this mentorship program my guests and I will share our career journeys, highlighting key decisions, challenges, and lessons learned along the way. Pay attention to how we've navigated their path and consider how their experiences might inform your own journey.

1.3 Understanding Mentorship

Mentorship is a powerful tool for personal and professional growth. Let's discuss:

- What is mentorship?
- Why is it important?
- What can you expect from this mentorship program?

Group Discussion:

Have you had mentors before? Who were they, and how did they impact you?

1.4 Your Story

Now it's your turn to share your story. Please prepare to discuss the following:

1. What are you studying, and why did you choose this field?
2. What do you think is your **GREATEST STRENGTH** as it relates to your university experience?
(e.g., What makes you uniquely skilled/capable/strong/have potential in your chosen area of study?)
3. What are **YOU** looking for in a mentor? How do you hope this program can help/guide **YOU**?

1.5 Assignments

- Prepare three very specific questions that you would like your mentor to address in these sessions. Include at least one thing that you are struggling with at the moment, related to your studies or career, that you would like advice on.
- Create a list of three people you admire **MOST** (whether professionally, personally, spiritually, etc.). Reflect on what characteristics you admire most about them. Be prepared to share this in our next session.

1.6 Closing Thoughts

Remember, throughout your life, you will likely have several key mentors - both personal and professional. Mentors don't need to be in your field, but you should admire some aspect of how they conduct their life or career.

Session 2: Career Exploration and Networking

2.1 Review of Session 1 Assignments

We'll start by discussing your admired figures and the characteristics you value in them. This will help us understand your values and aspirations.

2.2 Academic and Professional Pathways

Let's explore various pathways in academia and industry. We'll discuss:

- The hierarchy of academic positions
- Different career paths in your field of study
- The pros and cons of various career choices

2.3 Networking Strategies

Networking is crucial for career development. We'll cover:

- Connecting with Industry Professionals
 - o Attend industry events, conferences, and forums
 - o Join relevant mailing lists
 - o Participate in public talks and lectures
 - o Engage with professionals on platforms like LinkedIn
- Building Meaningful Professional Connections
 - o Be genuine, humble, and relatable
 - o Show interest in others' work
 - o Follow up after initial meetings
- 2.3.3 Networking Do's and Don'ts
 - o Do:
 - - Be proactive in reaching out
 - - Prepare thoughtful questions
 - - Offer help or value when you can
 - o Don't:
 - - Be pushy or demanding
 - - Neglect to follow up
 - - Forget to show gratitude

2.4 Gaining Professional Experience

a. Internships and Work Opportunities

- Start looking for opportunities early in your degree
- Be strategic about what you want to gain from each experience
- Set clear goals and discuss them with your employer

b. Boosting Employability

- Develop relevant skills through coursework and extracurricular activities
- Seek leadership roles in student organisations
- Work on personal projects related to your field

2.5 Q&A Session

We'll address the questions you prepared after the last session.

2.6 Assignment

Research and prepare a specific career-related situation or challenge you're facing or anticipate facing. We'll discuss these in our next session.

Session 3: Navigating Specific Career Situations

3.1 Review of Session 2 Assignment

We'll start by discussing the career-related situations or challenges you've prepared.

3.2 Problem-Solving and Decision-Making Strategies

When facing career challenges, consider these steps:

1. Clearly define the problem or decision to be made
2. Gather relevant information
3. Identify possible solutions or options
4. Evaluate the pros and cons of each option
5. Choose the best course of action
6. Implement your decision
7. Reflect on the outcome and learn from it

3.3 Time Management and Prioritisation

Effective time management is crucial for success. Consider these techniques:

- Use the Eisenhower Matrix to prioritize tasks (Urgent/Important grid)
- Try the Pomodoro Technique for focused work sessions
- Use digital tools like calendar apps and task managers
- Learn to say no to non-essential commitments

3.4 Work-Life Balance Strategies

Maintaining a healthy work-life balance is essential. Some strategies include:

- Set clear boundaries between work/study and personal time
- Practice self-care (exercise, healthy eating, adequate sleep)
- Make time for hobbies and relationships
- Learn to manage stress through techniques like meditation or deep breathing

3.5 Assignment

Complete the Myers-Briggs Type Indicator (MBTI) test before our next session. We'll discuss the results and their implications for your academic and professional life.

Session 4: Self-Awareness and Personal Growth

4.1 Review of MBTI Results

We'll discuss your MBTI results and what they might mean for your academic and professional life. Remember, these tests are tools for self-reflection, not definitive labels.

4.2 Self-Awareness Exercises

A. Identifying Strengths and Weaknesses

Make a list of your top 5 strengths and 5 areas for improvement. Be honest with yourself - this is a tool for growth, not judgment.

B. Understanding Others' Perceptions

Consider these questions:

- How do you think others perceive you?
- What's your personal 'brand' in your cohort?
- How are you viewed by your lecturers?
- What do people say about you when you're not in the room?

4.3 Strategies for Personal Growth

- Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound)
- Seek regular feedback and act on it
- Embrace challenges as opportunities for growth
- Develop a growth mindset (believe in your ability to learn and improve)

4.4 Assignment

Complete the VIA Character Strengths survey at <http://www.viacharacter.org/www/Character-Strengths-Survey>. Bring your top 24 strengths to our next session.

Session 5: Developing Professional Skills

5.1 Review of VIA Character Strengths Results

We'll discuss your top character strengths and how you can leverage them in your academic and professional life.

5.2 Essential Professional Skills

A. Communication

- Written communication: Practice clear, concise writing. Use tools like Grammarly to improve your skills.
- Verbal communication: Practice public speaking. Consider joining a Toastmasters club.
- Active listening: Focus on understanding, not just hearing.

B. Critical Thinking

- Practice the 5-step critical thinking process:
 1. Formulate your question
 2. Gather information
 3. Apply the information
 4. Consider the implications
 5. Explore other points of view

C. Leadership

- Take on leadership roles in student organizations
- Learn to delegate effectively
- Practice empathy and emotional intelligence

D. Adaptability

- Embrace change and see it as an opportunity
- Continuously learn new skills
- Be open to feedback and different perspectives

5.3 Overcoming Shyness and Building Confidence

- Start small: Set achievable social goals
- Practice positive self-talk
- Remember that confidence is a skill that can be developed
- Consider the "fake it 'til you make it" approach

5.4 Assignment

Prepare a short (5-minute) presentation on a topic related to your field of study. We'll deliver these presentations in our final session.

Session 6: Future Planning and Program Wrap-up

6.1 Student Presentations

You'll deliver your prepared presentations, and we'll provide constructive feedback.

6.2 Long-Term Career Planning

- Set both short-term and long-term career goals
- Create a flexible career plan, allowing for changes and opportunities
- Consider informational interviews with professionals in your desired field
- Stay informed about industry trends and changes

6.3 Continuing Education and Lifelong Learning

- Commit to continuous learning and skill development
- Consider postgraduate options (Honours, Masters, PhD)
- Explore online learning platforms for additional skills (e.g., Coursera, edX)
- Attend industry conferences and workshops

6.4 Key Lessons Recap

We'll review the main takeaways from each session of the program.

6.5 Final Q&A Session

This is your chance to ask any remaining questions about the program content or your career path.

6.6 Program Evaluation and Feedback

Please provide honest feedback about the program. Your input will help improve the experience for future participants.

Remember, this workbook is a guide, but your journey is unique. Use these tools and strategies in ways that work best for you. Good luck on your academic and professional journey!

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