



## *Frequently Asked Questions for Mentees*

Thank you for your interest in being a mentee on Disability Mentoring Day (DMD). Disability Mentoring Day is an opportunity for individuals with disabilities to spend time with a mentor in the workplace. Mentees have the chance to see first-hand what certain jobs and companies are like and to get to know a workplace mentor.

Here are the answers to some common questions mentees may have:

***Q. What happens on Disability Mentoring Day?***

A. Disability Mentoring Day begins with a Kick-Off event which includes breakfast. This year it will be held at Drumlin's, beginning at 8:00 a.m. Mentees and Mentors will have the opportunity to get to know each other during the breakfast. Mentees do not have to RSVP for the breakfast – it is included with your mentee application.

***Q. How long will I be expected to be at my work site?***

A. Mentees arrive at their work sites after the Kick-Off Event, between 9:30 a.m. and 10:00 a.m. Usually mentees stay to or through lunchtime.

***Q. Do I have to provide transportation?***

A. Yes. You will be responsible for getting to the Kick-Off event and to your work site.

***Q. Will I have to go to the breakfast or work site alone?***

A. If you work with an agency, they may send a job coach or other staff person with you. If you require a personal attendant or escort, that person is welcome to attend with you.

***Q. Will I be expected to apply for a job or be hired?***

A. No, this is not an expectation of Disability Mentoring Day.

***Q. What am I expected to do at the work site?***

A. The mentee experience is different for everyone, depending on the mentor and their company's structure and policies. These are some common things that mentees do:

- Go on a tour of the company
- Job shadow an employee so you can better understand the job
- Perform some of the tasks of the job

***Q. Will I be assigned to a site that matches my career interests?***

A. The Greater Syracuse Disability Mentoring Day Committee tries very hard to match mentees with work sites that match their career goals; however, this isn't always possible. Some companies cannot host mentees due to the nature of the work. It is very important to remember, though, that even though your work site may not match your ultimate career goal, it can be a **very valuable** and **rewarding experience**.

Learning about all types of jobs is important. And many larger companies have many different departments – learning about a company, even if it's a different department than the one you are interested in for a career, will give you knowledge and experience that will help you on applications and interviews. You will have the opportunity to experience a new part of the world of work and to demonstrate your skills as an employee. DMD is a great opportunity to **network** and the contacts you make on DMD may help you find the job you seek in the future!

***Q. What should I do after my DMD experience ends?***

A. It is very important that you write a Thank-you note to your mentor. Make sure you get your mentor's name and the company address before you leave the work site.