



Shadowing Programme

MENTEE PROFILE

Your mentoring journey starts here

This profile will help your mentor get to know you before your first session. Take a few minutes to reflect on your starting point, your interests and what you hope to achieve, so that the mentoring sessions can be tailored to your needs and goals.

YOUR PROFILE → YOUR STARTING POINT → YOUR GOALS → YOUR MENTORING

1 ABOUT ME

Essential information to help your mentor get to know you.

Full name

Contact email

Contact telephone

Which degree programme are you studying?

What type of Master's degree are you currently studying at the Universitat de València?

☐ Official Master's degree

☐ Continuing education Master's degree (own degree)

LinkedIn profile (optional)

Enter the URL of your profile, if you have one.

What is your current situation?

Select the option that best describes your situation.

☐ I am studying and not currently working

☐ I am studying and undertaking a placement

☐ I am studying and working in a field related to my studies

☐ I am studying and working in a field unrelated to my studies

☐ Other situation

If you selected 'Other situation', please specify:

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MY STARTING POINT

Your experience, motivation and where you would like to go next.



Shadowing

What experience do you have so far?

Placements, employment, projects, research, volunteering or other relevant experience.

Why did you decide to take part in the Shadowing Programme?

Tell us briefly what led you to apply for mentoring and what you hope to gain from the experience.

What is your main career goal at the moment?

Select one option: the one that best reflects your current priority.

- | | |
|--|--|
| ☐ Find my first job related to my studies | ☐ Undertake a professional placement |
| ☐ Improve or change my current employment situation | ☐ Explore possible career paths |
| ☐ Prepare for a career in the public sector | ☐ Start a business or develop a business idea |
| ☐ Continue my education or specialise further | ☐ Explore international opportunities |
| ☐ Pursue teaching or research | ☐ I am not yet sure about my career goal |
| ☐ Other | |

If you selected 'Other', please specify

Looking a little further ahead...

What would you like to have achieved or have a clearer idea about in the next 6-12 months?

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WHAT WOULD I LIKE TO WORK ON?

Select the areas in which you would like guidance.

- | | |
|---|---|
| ☐ Define or clarify my career goal | ☐ Explore career paths related to my studies |
| ☐ Improve my CV | ☐ Improve my LinkedIn profile and professional use of LinkedIn |
| ☐ Prepare for recruitment processes and interviews | ☐ Job-search tools and channels |
| ☐ Develop my professional network (networking) | ☐ Further education and specialisation |
| ☐ Access to public-sector employment | ☐ Entrepreneurship and self-employment |
| ☐ Teaching | ☐ Research |
| ☐ Professional placements | ☐ Volunteering |
| ☐ Work or placements abroad | ☐ Other |



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MY PRIORITIES

From the areas selected, identify the three you would most like to work on.

1. My main priority

2. I would also like to work on

3. If we have the opportunity, I would like to explore

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HELPING MY MENTOR GET TO KNOW ME

My strengths

Which knowledge, skills, attitudes or experiences would you highlight about yourself?

I would like to improve...

Which aspect of your professional development would you particularly like to improve?

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PREPARING FOR OUR FIRST SESSION

If you could leave the first session with one thing clearer, what would you like it to be?

Is there a specific question you would like to ask your mentor?

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WHEN AND HOW CAN WE MEET?



What is your current academic timetable?

You may select more than one option.

- ☐ Mornings
 ☐ Afternoons
 ☐ Mornings and afternoons
- ☐ I only undertake external placements
 ☐ I do not currently have taught classes

Which time slots are you available for mentoring sessions?

The final schedule will also need to be agreed with your mentor.

- ☐ Mornings (09:00-14:00)
 ☐ Midday (14:00-16:00)
- ☐ Afternoons (16:00-20:00)
 ☐ No preference

How would you prefer to have the mentoring sessions?

- ☐ In person
 ☐ Video call
 ☐ Telephone
 ☐ No preference

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BEFORE YOU START

My commitment to mentoring

- Prepare for sessions in advance.
 - Attend punctually and give advance notice if anything unexpected arises.
 - Take an active part and raise the issues I would like to work on.
 - Complete any actions or tasks agreed during the mentoring process.
 - Maintain respectful and professional communication.
 - Respect my mentor's time and availability.
- ☐ I have read and accept the commitments associated with my participation in the Shadowing Programme.

Is there anything else you would like your mentor to know? (optional)

Before submitting your profile

- ☐ I have completed the requested information.
 ☐ I will attach my up-to-date CV.
- ☐ I have included my LinkedIn profile, if I have one.

PERSONAL DATA PROTECTION

DATA CONTROLLER: Universitat de València

DATA PROCESSOR: Fundació Universitat – Empresa de València (Consell Social de la Universitat de València. Estudi General de València) de la Comunitat Valenciana, an in-house entity of the UV which manages the UVocupació university service.

PURPOSE AND LEGAL BASIS:

- To manage the Programme. The legal basis is processing necessary for the performance of a contract pursuant to Article 6(1)(b) GDPR.
- Subject to prior authorisation, images of participants may be captured and recorded for the promotion of the Programme. The legal basis for processing is the consent of participants in the Programme pursuant to Article 6(1)(a) GDPR.

LEGAL BASIS FOR PROCESSING: consent of the individuals participating in the Programme.

DATA DISCLOSURE: strictly necessary data will be disclosed in the following circumstances and for the following purposes:

Disclosures of data established by law

- With regard to Programme mentors: participants' personal data (full name, email address, telephone number, curriculum vitae, LinkedIn profile and covering/motivation letter) may be disclosed to mentors for the management of the mentoring process.

DATA SUBJECT RIGHTS: Data subjects may exercise their rights of access, rectification, erasure, restriction of processing and objection, as well as the right to data portability, by sending an email to datos@adeituv.es. Subject: Shadowing Programme.

DATA RETENTION: Data will be retained for the period established by law.

FURTHER INFORMATION: <https://www.adeituv.es/politica-privacidad/>.

- ☐ I have read and accept the data protection policy.