



VCU

VIRGINIA COMMONWEALTH UNIVERSITY

Graduate School | Graduate School
Mentorship Program

Mentee Spotlight: Anna Hegeler

Why did you apply to the Graduate School Mentorship Program?

I applied to GSMP because I was looking for some direction with graduate school and career choices. I wanted to have someone that could help guide me and answer any questions that I had.

What goals have you accomplished thus far? What goals are you still looking to accomplish?

Since I am still a junior, I am looking to explore multiple fields as much as possible. So, with my mentor, I have successfully finished many internship applications, learned how to create a well-written resume and cover letter, and have practiced interview skills. These are all skills that will help me with my graduate school applications. This semester, my mentor and I are focused on practicing interviews and researching different graduate programs that I am interested in.

What challenges have you dealt with in the program?

The most challenging part is setting deadlines for myself and meeting them. With classes and extracurricular, it's sometimes easy to forget to work on your resume this week, or write a personal statement the next week.

What would you want a prospective mentee to know about the program?

Why should he or she join?

Know what you want to get out of it. If you go into the program with goals, it is much easier to create an agenda with your mentor. You should join because this program gives you a unique one-on-one opportunity to talk to someone who has been in your shoes not too long ago.

How has this program helped you?

This program has helped me prepare for the professional and graduate world, much more than I could've done on my own.

How have you benefitted from the group programs?

The group programs are helpful for some general information. (about graduate school).

What are you most excited about in the GSMP?

I am excited to have a mentor-mentee relationship. My mentor, Melissa, is so helpful and is always there to help if I have questions or need someone experienced to look over personal statements, resumes, etc. It's nice to have someone that I can easily contact.

If you could tell your mentor one thing, what would you want them to know?

Melissa, you're awesome!



Anna with her mentor Melissa Kwitowski

**Apply to GSMP
here!**

Mentor Spotlight: Javon Davis

Why did you apply to the Graduate School Mentorship Program?

I applied for the program after hearing about it from a friend in my graduate program. She always talked about the great professional development meetings and how rewarding it was for her when her mentee was accepted into the graduate program of her dreams.

After hearing about her experiences, I knew that the Graduate School Mentorship Program (GSMP) would be a very exciting experience.

What goals have you accomplished thus far? What goals are you still looking to accomplish?

During the fall semester, my mentee and I were able to accomplish all of the goals that we set at our first meeting. She successfully found mentors in her field, obtained all needed application supplements, completed personal statements, and most importantly, applied to several graduate programs. Now we are just playing the waiting game!

What kind of mentor do you want to be?

I want to be the type of mentor that inspires their mentees to want to do great things and pushes them to always strive for more. I have great mentors in my life who always challenge me and demonstrate the behaviors that they expect of me, in their own lives.

What challenges have you dealt with in the program?

The biggest challenge in the program has just been time. My mentee is a senior who also has a part time job, and I too am working while in my last semester of my graduate program. While at times it was difficult, my mentee and I met weekly for lunch or coffee between classes to catch up and discuss where we were in the process.



What do you hope to gain from mentoring?

I am currently in the last semester of the Master of Public Administration program in the VCU Wilder School of Government and Public Affairs. With this degree, I will soon be expected to lead others and help them work together to complete projects. This mentoring opportunity has given me a taste of what it is like to help someone

reach a goal, which is a skill I can use throughout my life.

What would you want a prospective mentor to know about the program?

I would encourage any undergraduate student who is considering graduate school to apply for the GSMP. Along with assisting with applying for graduate schools, the program also helps with professional development, community service opportunities,

and networking. Having a mentor who was recently in the same place

really helps to ease the stress of the application process.

What are you hoping to impart to your mentee?

I am hoping to leave my mentee with a desire to make a difference and to be the best that she can in her field. I hope that she can use our relationship as a guide and become a mentor for someone, herself. Mentorship is a very important aspect of the professional world and I hope that it has been just as beneficial for her, as it has been for me.



Javon with his mentee
Ariana Pescara