



BDA Alumni-Student Athlete Mentoring Program

Building Connections.
Developing Leaders.
Strengthening the
Aquatics community.

Providing practical perspectives on:

- Choosing a career path
- Entering the workforce
- Graduate and professional school
- Developing professional relationships
- Leadership and workplace expectations
- Navigating career changes
- Building confidence and professional identity
- Balancing career and personal responsibilities
- Learning from setbacks and failures
- Understanding what employers look for in graduates



**Ready to Make a
Connection?**

Take advantage of this opportunity to connect with a University of Arizona BDA alum who understands where you are today—and can help you think about where you want to go next. Your mentor can share real-world experience, help you explore career possibilities, build your network, develop your strengths, and prepare for life beyond college athletics. Whether you already have a plan or are still figuring out what comes next, having a mentor in your corner can provide valuable perspective, encouragement, and connections as you plan your next steps.

Application Attached

BEAR DOWN AQUATICS

Alumni Association



3401 N. Tanuri Drive
Tucson, AZ 85750

beardownaquatics.org

College Athlete Professional Mentorship Program

Mentor Application

Thank you for your interest in our Professional Mentorship Program!

As a former college athlete, you know firsthand that the qualities developed through athletics—discipline, resilience, leadership, accountability, time management, teamwork, and performing under pressure—extend far beyond your competitive years. This program gives you the opportunity to use your professional experience and perspective to help a current student-athlete prepare for what comes next.

Through a one-on-one mentorship, you'll have the opportunity to share real-world career insight, offer guidance, help your mentee explore potential career paths, build their professional network, and provide valuable perspective as they prepare to transition from college athletics and the classroom to the professional world.

We'll use your responses to thoughtfully match you with a student-athlete whose goals, interests, and career aspirations align with your experience, industry, and perspective.

PERSONAL INFORMATION

Full Name: _____

Preferred Name: _____

College of Study: _____

Years in School: _____

Major/Field of Study: _____

Your Sport/Events: _____

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Email: _____

Phone: _____

LinkedIn Profile (if applicable): _____

YOUR ATHLETIC EXPERIENCE

How did being a college athlete shape who you are?

Please share the skills, experiences, or lessons from athletics that helped carry into your professional career.

What is one challenge you faced as an athlete that helped prepare you for life after college?

CAREER GOALS

What career fields or industries are you currently working in?

Select all that apply and/or add your own.

- ☐ Business/Management
- ☐ Finance/Accounting
- ☐ Marketing/Advertising
- ☐ Sales
- ☐ Technology
- ☐ Healthcare/Medicine
- ☐ Law
- ☐ Education
- ☐ Sports/Entertainment

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- ☐ Media/Communications
- ☐ Entrepreneurship
- ☐ Real Estate
- ☐ Consulting
- ☐ Nonprofit/Social Impact
- ☐ Other: _____

What career or professional goals are you currently personally working toward?

What would you most like to offer a student-athlete mentee?

- ☐ Career exploration
- ☐ Industry insight
- ☐ Resume/LinkedIn guidance
- ☐ Interview preparation
- ☐ Networking advice
- ☐ Job/internship guidance
- ☐ Professional communication
- ☐ Leadership development
- ☐ Work-life balance
- ☐ Transitioning from athletics to a career
- ☐ Building confidence
- ☐ Other: _____

ABOUT YOUR MENTEE MATCH

What type of student-athlete would you be most interested in being matched with?

Consider industry, career stage, role, or professional experience.

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Are there specific companies, industries, or career paths you would like your mentee to have interest in?

What is one area of professional experience you would most like to share with a mentee?

YOUR MENTORSHIP STYLE

What do you hope your mentee will know about you?

How would you describe yourself as a mentor?

- ☐ Curious and eager to learn
- ☐ Goal-oriented
- ☐ Open to feedback
- ☐ Looking for accountability
- ☐ Exploring different possibilities
- ☐ I'm still figuring out what I need

How often would you like to connect with your mentee?

- ☐ Weekly
- ☐ Every other week
- ☐ Monthly
- ☐ Flexible based on mentor availability

What is your preferred method of communication?

- | | |
|-------------------------------------|---|
| ☐ Video call | ☐ In person, when possible |
| ☐ Phone call | ☐ Flexible |
| ☐ Email | ☐ Text/message |

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REFLECTION

What does a successful career mean to you?

What is one thing you hope to accomplish or offer through this mentorship program?

COMMITMENT

A successful mentorship is a two-way relationship. We ask our mentors to come prepared, communicate consistently, respect their mentee's time, and take ownership of the process of advising.

What are you willing to commit to making this mentorship successful?

MENTOR COMMITMENT

By submitting this application, I understand that participation in the mentorship program requires professionalism, respect, communication, and a genuine commitment to learning/teaching. I understand that my mentee is exploring career possibilities, and I will make every effort to actively participate and make the most of the mentorship.

Signature: _____

Date: _____

Please email your completed application to: gocats@beardownaquatics.org.