



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

Mentee Application

Thank you for your interest in our Professional Mentorship Program!

Being a college athlete develops qualities that extend far beyond your competitive years — discipline, resilience, leadership, accountability, time management, teamwork, and the ability to perform under pressure. This program is designed to help you translate those experiences into career success.

Through a one-on-one mentorship with a working professional alumnus, you'll have the opportunity to gain real-world career insight, build your professional network, explore potential career paths, and learn from someone who has successfully navigated the transition from college athletics and the classroom to the professional world.

We'll use your responses to thoughtfully match you with a mentor whose experience, industry, and perspective align with your goals and interests.

PERSONAL INFORMATION

Full Name: _____

Preferred Name: _____

College of Study: _____

Year in School: _____

Major/Field of Study: _____

Expected Graduation Date: _____

Sport/Events: _____

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Email: _____

Phone: _____

LinkedIn Profile (if applicable): _____

YOUR ATHLETIC EXPERIENCE

How has being a college athlete shaped who you are?

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

What are you most proud of accomplishing as a student-athlete?

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

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CAREER GOALS

What career fields or industries are you currently interested in?

Select all that apply and/or add your own.

- ☐ Business/Management
- ☐ Finance/Accounting
- ☐ Marketing/Advertising
- ☐ Sales
- ☐ Technology
- ☐ Healthcare/Medicine
- ☐ Law
- ☐ Education
- ☐ Sports/Entertainment
- ☐ Media/Communications
- ☐ Entrepreneurship
- ☐ Real Estate
- ☐ Consulting
- ☐ Nonprofit/Social Impact
- ☐ Other: _____

What career or professional goals are you currently working toward?

How confident are you about your career path after college?

- ☐ Very confident
- ☐ Somewhat confident
- ☐ Exploring my options
- ☐ I'm not sure yet

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What would you most like to gain from a professional mentor?

- ☐ 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 MENTOR MATCH

What type of professional would you be most interested in being matched with?

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

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

What are 2–3 questions you would want to ask a professional in your field of interest?

What is one area of your professional development where you would most like guidance?

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YOUR MENTORSHIP STYLE

What do you hope your mentor will know about you?

How would you describe yourself as a mentee?

- ☐ 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 ideally like to connect with your mentor?

- ☐ 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 | |

REFLECTION

Where do you see yourself 5 years after graduation?

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What does a successful career mean to you?

What is one thing you hope to accomplish through this mentorship that you couldn't accomplish on your own?

COMMITMENT

A successful mentorship is a two-way relationship. We ask our mentees to come prepared, communicate consistently, respect their mentor's time, and take ownership of their professional growth.

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

Why should you be selected for this program?

FINAL QUESTION

If you could sit across the table from any professional in the world and ask them one question about building a successful career, what would you ask?

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MENTEE COMMITMENT

By submitting this application, I understand that participation in the mentorship program requires professionalism, respect, communication, and a genuine commitment to learning. I understand that my mentor is volunteering their time and expertise, and I will make every effort to actively participate and make the most of the opportunity.

Signature: _____

Date: _____

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