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Students Gain Career Insights from Alumni Mentors

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To supplement students' in-class training and rigorous curriculum, the University of St. Thomas encourages students to gain important career insights before hitting the competitive job market. Through the UST Insights Mentoring Program, graduate and undergraduate students gain knowledge from successful alumni to help them achieve their career goals.



The program was founded in 2005 through a collaboration between UST's Career Services and Alumni Relations offices, and this year, 18 students are matched with alumni mentors. The pairs meet between January and April. Even though the University organizes scheduled events, involvement outside these events throughout the semester is encouraged.

Johnna Curtain, senior general business major and economics minor, is interested in human resources, project management and supply chain management. Curtain was paired up with her mentor Soledad Tanner, MIB '02, and said Tanner helps her by sharing her experiences in the business world and provides advice on how to be hired by companies.

"Soledad also offers her advice on how women should interact in the business world," Curtain said. "The UST Insights Mentoring Program is awesome. The program organizes fun networking events and you never know you will meet!"

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“Johnna and I are a very good match,” Tanner said. “She is motivated, focused and determined to pursue her goals.”

According to Tanner, the mentor-mentee program is a win-win situation. Mentors can share key work experiences and practical knowledge of industries.

“We all learn with the Insights program,” Tanner said. “It is vital to empower new talent as they get ready to hit the market. Mentoring is also a great way for the Alumni to pay it forward to future UST graduates through sharing what we have learned in our professional journey.”

Hank Emery, director of alumni relations at UST office of Institutional advancement, said the program provides UST students with much-needed career advice before graduation.

“Over the years, I’ve been able to watch these students in the UST Insights Program benefit from relationships with successful alumni by gaining the confidence and ability to navigate the job market,” Emery said. “Many of the students who I knew as mentees have since graduated and are now serving as mentors.”

By Deema Al-Rasheed