

USJ MENTORSHIP PROGRAMME 25/26 瑟·友計劃

Oct/Nov 十/十一月 2025

KICK-OFF 啟動日

Nov 十一月 2025

Introductory

Mentor-Mentee Meeting

導師學員聚會

Dec 十二月 2025

Pre-Christmas Gathering

聖誕聚會

Jan 一月 2026

Team Building Workshop

團建工作坊

Feb 二月 2026

Mentor-Mentee

New Year Meeting

導師學員新年聚會

Mar 三月 2026

Appreciation Dinner

感謝晚宴

*Activities are scheduled once a month during the programme period.
Successful completion of the programme requires a minimum attendance rate of 80%.

計劃期間每月將組織至少一次聚會或活動，學員出席率需達80%或以上。

*Mentors and Mentees are encouraged to arrange additional meetings on their own schedule.

建議導師及學員自行安排額外會面機會。

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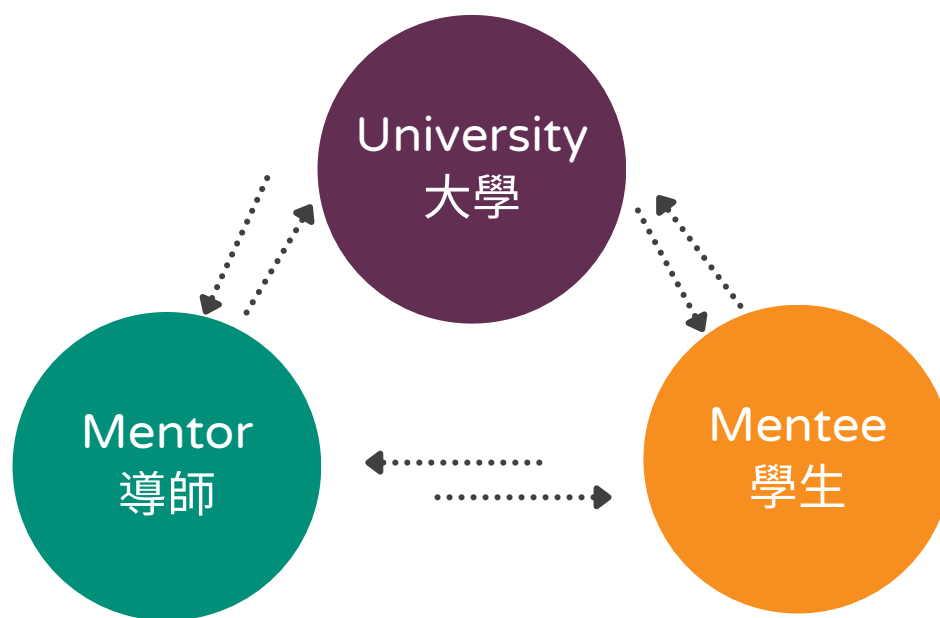
Mentoring Framework 指導框架

- Career Development
就業發展方向
- Entrepreneurship
Experience
創業經驗
- Social Exposure
and Networking
認識社區及擴闊
人際網絡

- Leadership &
Management
領導及管理能力
- Personal Growth
個人成長
- Adapting to living in
Macau (for non-local
students)
融入澳門生活
(非本地生)

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- Re-connect with USJ 與聖大重建聯繫
- Share knowledge, skills and experiences
知識、技能及經驗傳承
- Interact with students of the new generation
與新世代學生交流互動

- Learn more about USJ 對聖大更了解
- Build and expand the professional networks
建立及拓展專業人際網
- Gain experiences and advice from seniors
吸取前輩經驗及心得
- Explore yourself from mentors & broaden the horizons
透過導師了解自我及拓視野

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Mentees 學生

Do's & Don'ts

- ✔ Responsibility – Be the driver of the relationship
責任感 – 主導師友關係
- ✔ Consistency – Communicate at least two hours per month
持續性 – 每月至少溝通兩小時
- ✔ Accountability – Agree & commit to expectations & goals
權責 – 同意並致力於期望和目標
- ✔ Professionalism – Be open-minded, professional & respectful
專業 – 持開放態度、專業及尊重對方
- ✔ Receptiveness – Be receptive to suggestions & feedback
包容性 – 樂於接受建議及反饋
- ✘ Be shy of interaction with mentors
害怕與導師交流
- ✘ Ask for job, internship or sponsorship from mentor
向導師尋求工作、實習或贊助
- ✘ Simply ask for all solutions
直接詢問解決方法
- ✘ Ignore agreed commitments without explanations
忽略協定的承諾而沒有加以說明

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Mentors 導師 Do's & Don'ts

- ✓ Patience – Let your mentee be driver of the relationship whenever possible
耐心 – 盡量讓您的學生主導師友關係
- ✓ Consistency – Communicate at least two hours per month
持續性 – 每月至少溝通兩小時
- ✓ Guidance & Support – Help your mentee to set goals
指引及支持 – 協助您的學生訂立目標
- ✓ Responsiveness – Respond to all communications shortly
積極性 – 適時回應訊息
- ✓ Professionalism – Be open-minded, professional & respectful
專業 – 保持開放、專業及尊重對方
- ✗ Offer jobs, internships or sponsorships to your mentee
為學生提供工作、實習及贊助
- ✗ Assume responsibility for student's career development
承擔學生職業發展的責任
- ✗ Simply provide all solutions
直接提供解決問題辦法
- ✗ Ignore agreed commitments without explanations
忽略協定的承諾而沒有加以說明

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Suggestions

Mentees 學生

- 💡 Be proactive & active
主動積極
- 💡 Get to know your mentor
認識您的導師
- 💡 Set goals & expectations with your mentor
與導師共同訂立目標及期望
- 💡 Plan ahead & make a good first impression
提前計劃並留下美好的第一印象
- 💡 Ask your mentor good questions timely
適時詢問您導師一些好問題
- 💡 Accept suggestions or feedback & learn from it
接受建議或反饋並從中領悟
- 💡 Networking expansion & pursuits
拓展及經營人際網絡

Mentors 導師

- 💡 Be an listener to know your mentees
以聆聽者角色了解您的學生
- 💡 Set goals & expectations with your mentee
與學生共同訂立目標及期望
- 💡 Share experiences & provide advices
分享經驗及提供意見
- 💡 Be a coach to challenge & motivate our mentee
以教練角色挑戰及激勵學生
- 💡 Guidances on students development & job hunting
學生發展及求職的指引
- 💡 Tell your story & inspire the mentee
講述您的故事並啟發學生
- 💡 Networking expansion & pursuits
拓展及經營人際網絡

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Excerpts from Past Participants 過往學員感想節錄

“Even with the end of the program, I built a strong bond of friendship with my mentor, which is a great achievement that I will take for life!” - Selina Xian

(在瑟友計劃結束後，我與我的導師繼續維持牢固的友誼，這是我將終生珍惜的重要收穫。)

“...a transformative experience. I improved my social skills through engaging in group activities, learning effective communication, and navigating various social situations.”

(一段改變自我的經歷。我與導師及其他學員建立了深厚友誼，更透過團體活動提升社交能力，學習有效溝通技巧，並在不同社交場合中成長。)

- Eaint Thazin Oo

“Our mentor felt like a big brother to us. We got to know the mentor’s stories about becoming an architect and what’s it like to be an architect in Macao.”

(我們的導師就像是我們的大哥，我們了解到導師成為建築師的故事，以及在澳門當建築師是怎樣的。)

- Shamita Lumibao