Factsheet: Coaching for mentors

Are you participating in the buddy, gotti/götti or mentoring programme of your degree? If required, you can profit from the offer of Counselling & Coaching.

You are a contact person «on eye level»

As a mentor, you agree to accompany new students in their day-to-day studies. You are an important contact person for the new students and pass on your valuable experience. These encounters are fun and very enriching for both participants.

Make your mentees aware of our services

Do you sense that things are not going well for your buddy and that he/she would benefit from a professional counselling/coaching session? Then refer him/her to our service for the following and related questions.

- «I have trouble focusing. I am absent-minded and distracted. Is this normal?»
- «I have a hard time listening to lectures and am barely able to solve the exercises. How can I catch up?»
- «I would actually prefer to study physics. Is that still possible?»
- «My parents are separating and arguing about my tuition fees. That's why I want to work while I study. Is it possible to keep up with my studies?»
- «I have been diagnosed with a mental illness. I'll probably have to go through long-term therapy and take medication. How does that work with my studies?»

«It’s not going the way I thought it would.»

As a trustworthy contact person, you and your mentee can also be faced with situations that make you feel insecure or overwhelmed. For example:

- «My mentee seems stressed out, how can I support him/her?»
- «My mentee is somehow different and I have a strange feeling. What am I doing wrong?»
- «My first-year student has a lot of problems in life, I really want to help!»
- «I am worried about my mentee and I don't know who to talk to about this.»

Professional help for mentors

In this case, we at Counselling & Coaching are here for you. Our operating concept is «help for self-help». In a confidential conversation

- we reflect on your situation and strengthen you in your role and responsibility,
- we discuss where limits may lie and what is no longer part of a normal commitment as a mentor,
- you decide how you want to deal with the situation and define the next steps.

Contact the person in our team responsible for your degree programme.

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