

Mentorship Programs – Penn FLASH, Ben Connect and Umentor

Various schools and centers/departments have mentorship programs in place. These programs may support a specific demographic of students (i.e. first-generation), have a formal process (i.e. matching a student with an alum for a certain length of time), or be specific to a program within a school. The best way to find out what opportunities are available to you would be through contacting your school's alumni relations team. You can also view the latest issue of ***Proudly Penn*** which highlights a few opportunities.

Below are a few broader mentorship opportunities.

- **Penn FLASH**

Think of Penn FLASH as less of a formal mentorship program and more of an online community. The platform is open to students who identify as **FGLI** (first-generation, low-income). Any Penn alum is welcome to join, with the understanding of the community they are connecting with. Penn FLASH exists to help students and young alumni build confidence in networking, seeking knowledge and guidance, and developing authentic relationships within the Penn alumni.

Building your profile takes anywhere from 15-30 minutes. Visit www.alumni.upenn.edu/pennflash for more information on how to sign up.

- **Ben Connect**

The School of Arts & Science launched an online community for networking and mentorship in Spring 2020 for students and alumni of the College. You can create a profile at benconnect.sas.upenn.edu.

The user interface may look similar to Penn FLASH- that is because we are using the same technology (PeopleGrove). Fun fact, PeopleGrove was developed by a Penn alum, Adam Saven W'12. The time you spend on the platform will be dictated by your frequency of use and how much outreach you might receive from other users.

The platforms are PennKey authenticated to ensure information safety.

As an alumni user of either platform, you can expect to participate in a variety of ways:

- Receive messages from students or alumni seeking connections or knowledge
- Message and have video conversations directly through the platform, without sharing personal contact information
- Answer questions, post interesting information and share opportunities on an open forum
- Form long-term mentorship relationships

In addition, The School of Arts & Sciences has a formal mentorship program where you can be matched with a student over the course of a semester. The next opportunity to join this program will be in January.

- **Umentor - Student-Athlete Mentoring Program at Penn**
<https://umentor.com/>

At Umentor we set up and run mentoring programs for college athletic teams by connecting current student-athletes with alumni from their sport. Our proprietary software and sure-fire process get the program up quickly and running smoothly, making it easy for everybody. These relationships provide student-athletes with insight into career possibilities, the job procurement process, networking opportunities, and a sounding board for additional life decisions. For mentors, it is an opportunity to stay involved with Penn Athletics and establish a relationship with current student-athletes who share a similar Penn experience. Over the last ten years, more than 2200 Penn athletes and alumni have been through the program as a mentor, mentee or advisor. Currently, 20 teams at Penn are participating in this innovative program. We have over 400 pairs from 20 teams in a mentor/mentee relationship as well as over 800 alumni who act as advisors to any athlete that may reach out with professional questions. To learn more about the program, watch our [General Overview Video](#).

How to Become Involved

If you were a student-athlete or team manager during your time at Penn, we invite you to be a part of this program. To become involved in as a mentor or advisor, please contact: Brad Fadem, Assistant AD, Director Center of Student-Athlete Success
bfad@upenn.edu / 215-898-7448