

# Guidelines for **Mentors**

## Associate Registration

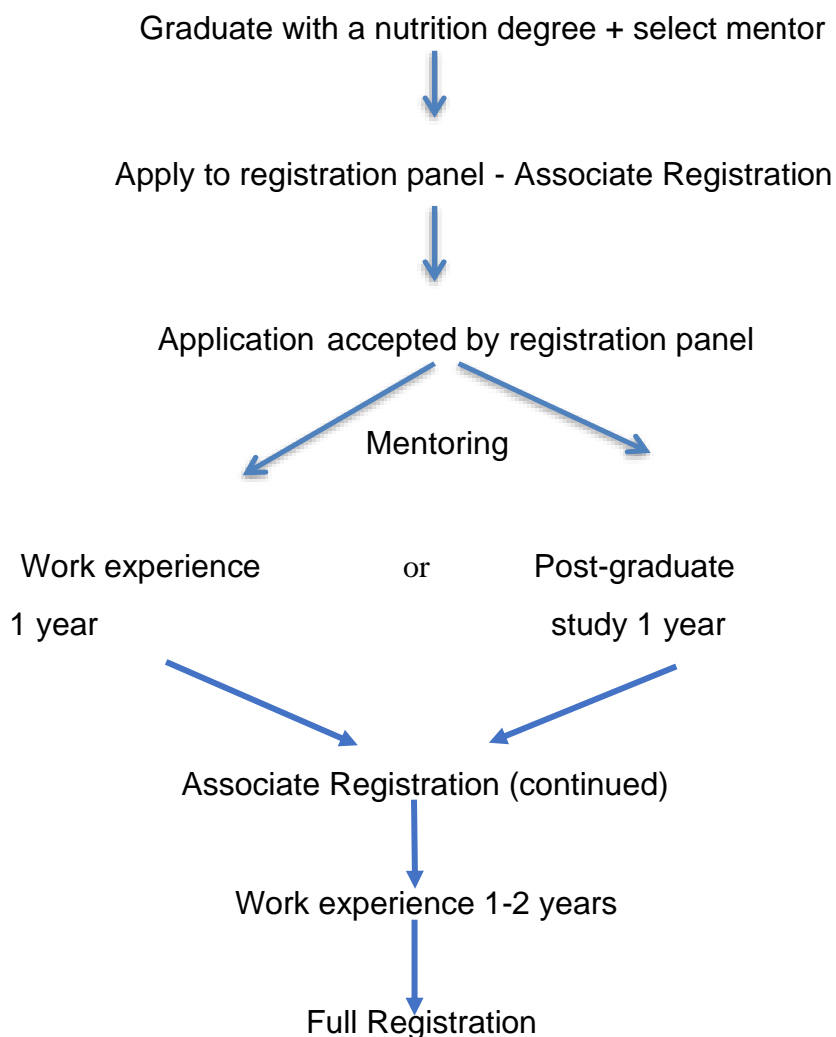


Associate Registration is for those who have recently graduated with a three year Bachelor degree (nutrition) but have not yet acquired the work experience needed for full registration.

In addition to the undergraduate degree, candidates will be either engaged in nutrition-related employment or working towards a nutrition-related postgraduate qualification.

After completion of the equivalent of one-year post-graduate study **or** one year full-time work experience (or equivalent), candidates will be eligible to continue as an Associate Registered Nutritionist. During this provisional period the candidate will be supported by a professional mentor.

### Overview



**Description**

A mentor is a Registered Nutritionist, Registered Dietitian or nutrition expert who is recognised and respected in the field of nutrition, with at least 5 years work experience. They have a passion for the profession and are committed to guiding new graduates. The applicant selects their own mentor and it is recommended to find a mentor who has experience in the applicant's field/s of interest. It is preferable that your mentor is not your boss.

**Purpose**

Mentors will have a wealth of knowledge, expertise and experience that enables them to support and guide the new graduate's development along their career pathway, whether that is higher education or entry into the work force.

**Role**

The mentor's role is to provide guidance, to ask questions, to challenge, and to facilitate exploration, risk taking and professional growth in an environment that is safe, encouraging, supportive and affirming. They will also act as role models. The mentor will work with the applicant to set 3 to 4 goals for their provisional year during the first few meetings.

If the applicant works in 'practice' the mentor should have experience in providing dietary advice to clients. If this is not possible, the applicant will also need to find a supervisor.

**Formal expectations**

The mentor should meet at least every 2 months with the applicant over a minimum of one year. They will also be expected to complete a brief report at the end of the mentoring period commenting on the progress that the candidate has made, the applicant's accountability and professional standing if applicable, any concerns they may have about the graduate, and whether or not they think the applicant should be considered to continue as an Associate Registered Nutritionist. If the applicant is in part-time work or study it may take 2 to 3 years for them to meet the criteria of one-year full-time work experience or study. Also, it may take the applicant some time to find nutrition-related work. In this situation, the mentor would be expected to continue the mentoring relationship for longer.

Reimbursement of the mentor by the applicant is optional.