

Them/Femtor

*Themtor and Femtor: Inclusive terms used to describe non-binary, feminine people across all genders



What is the difference?



Advisors

Academic & Major



Counselors

At community college

Therapists-SJSU



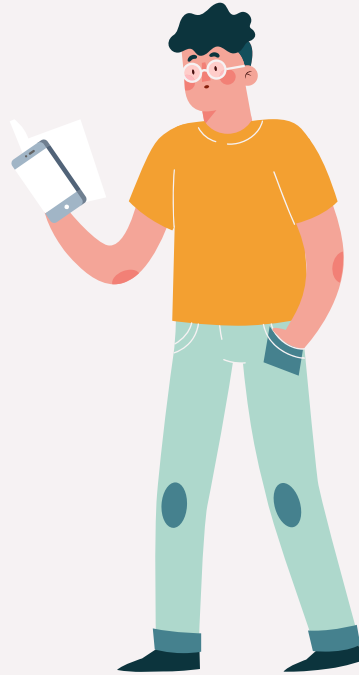
Them/Fem.Mentors

Anyone

Networking

Direct

- Faculty office hours
- Appointments
- Events
- Involvement
- Organization
- Work
- Social Media



Referral

Have someone assist in networking

What can you look for in a themtor?



Professional Compatibility

Long term academic & career goals

Time Commitment


What is the time commitment you need from a potential themtor?

Personal Compatibility

Personality and connection

What is the outcome?

Direction? Long-term connection?
Referral? More information?



How do you reach out to someone?

- Email *Preferred*
- Direct Message (DM)
- 1:1 after event/class



Sample Email

Dear Dr./Professor _____,

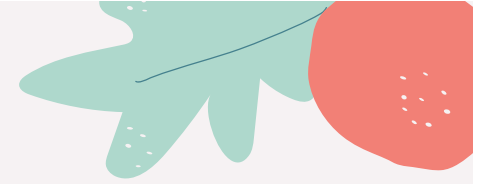
I hope this email finds you well. My name is ____, I am a ____major and an incoming transfer student.

I have been reading on your work on ____ and it aligns well with my interests in _____. I wanted to reach out to ask if we could set some time to meet at your earliest convenience?

Thank you for your time, and look forward to connecting.

Best/Saludos/etc,

Your Name (Pronouns)



DM Sample

Hi _____,

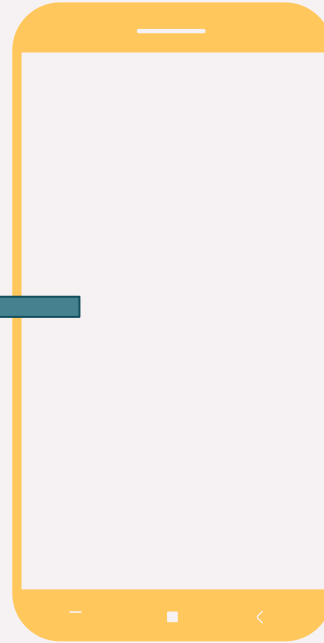
My name is _____, I am a SJSU student
and really connected to your
project/content/work/etc. I am not sure if
this is the best way to contact you.

I am reaching out to see if we can set up
some time to meet and discuss _____.

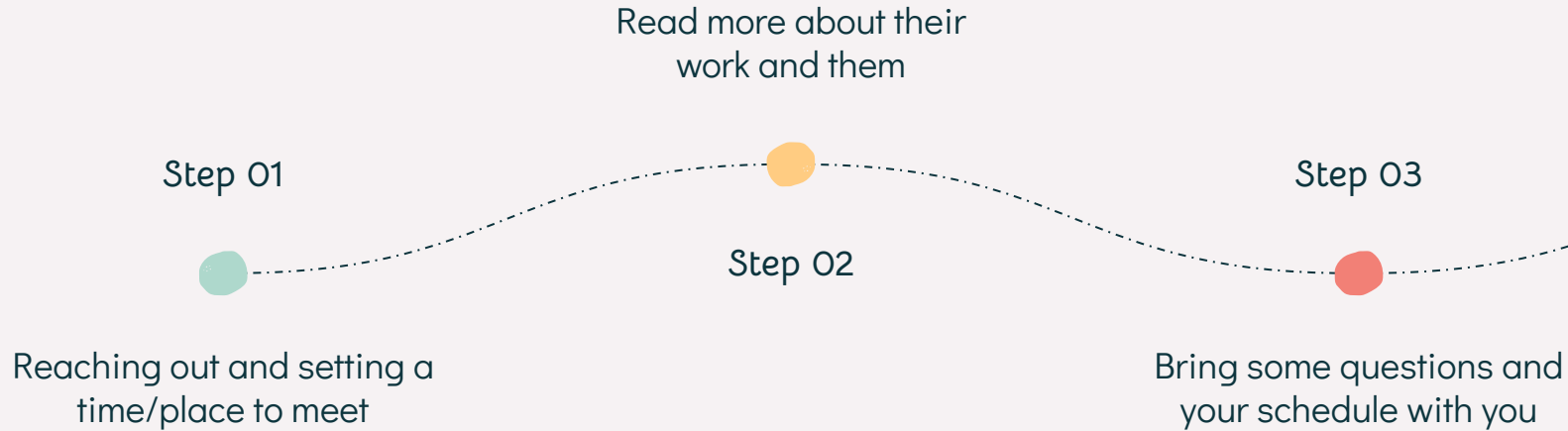
I look forward to connecting!

Thank you,

Your Name (Pronouns)



How to Prepare for Your Meeting?



How to Prepare for Your Meeting?

Part II

Make sure to have space to
take notes

Step 04

Bring a resume, personal
statement, or any thing you
would want feedback

Step 05

Step 06

Make time! DO NOT rush
into these meetings

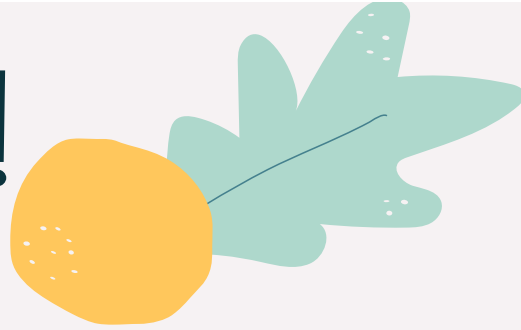
Boundaries and Expectations



- No one person can be your everything
- It may take a few tries before you can find the right person(s)
- Your first meeting does not have to be perfect
- Be mindful and realistic of the other person's schedule
- Communication is key! If you need more time, make sure to communicate that
 - If things come up, be sure to follow up to reschedule



Thanks!



@sjsu_access

Q&A

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[ACCESS Website](#)

*Click on **Participants** to find the “**Raise Hand**” feature.

