



T. Howard Foundation Mentor Program

[Registration Now Open](#)



About the Program

Each year, the T. Howard Foundation welcomes a new class of diverse college students to its Internship Program.

A unique benefit for students participating in the Internship Program is being paired with mentors who provide additional coaching and guidance during their internship experience.

Mentors help mentee(s) learn more about the industry and their specific field of interest*, and help them expand their professional network, navigate workplace challenges and build self-confidence.

Mentor Eligibility

Mentors must have at least two years of full-time, post-undergraduate professional work experience. (Please note: Internship experience is not counted towards the two years of professional work experience.) While previous/current full-time work experience in the industry is preferred, it is not required.

Mentors must also be passionate about helping young professionals reach their career goals and must be able to commit to meeting with their mentees regularly during the program.

Mentor Commitment

Mentors have the option to be paired with students during the spring (January – May), summer (June – August), and/or fall (September – December) programs. Mentors must be able to:

- Connect with their mentee(s) virtually or in person **at least 2x per month**
- **Meet with their mentee face-to-face** at least one time during the internship period (if in the same location)
- Participate in an informational interview conducted by their mentee(s).
- Attend THF Mentee/Mentor Welcome Webinar



Questions? Email [Doreen Thomas](mailto:dthomas@t-howard.org), dthomas@t-howard.org
Assistant Manager, Internship Program

*THF interns are placed in a variety of internships within the industry including accounting/finance, broadcast and print journalism, digital/social media, IT/engineering, government affairs, graphic design, human resources, legal, marketing, pre- and post-production, public relations, and ad sales.