

Individual Service

1-on-1 Mentorship

Personalized mentorship sessions where experienced mentors provide guidance tailored to individual needs. This includes academic support, career advice, and personal development, ensuring a customized approach to help mentees achieve their goals.

Individualized Plan, Schedule, Goal Chart, and Student Profile

Creation of a bespoke plan for each student, including a structured schedule, detailed goal chart, and a comprehensive student profile. This service helps students stay organized, track progress, and align their efforts with their academic and career aspirations.

Graduate School Test Prep (Must Be Requested)

Preparation assistance for graduate school entrance exams such as the GRE, GMAT, or LSAT. This includes tailored study plans, practice tests, and strategies to improve test performance, offered upon request to meet specific needs.

LinkedIn Profile Development

Support in crafting a professional LinkedIn profile that highlights skills, experiences, and achievements. This includes personalized guidance on profile optimization, content creation, and strategies to enhance visibility and networking opportunities.

Mock Interviews

Simulated interview sessions designed to practice and refine interview skills. Participants receive constructive feedback on their performance, including

tips on answering questions, body language, and overall presentation to improve their interview readiness.

Career Advising

Guidance on career exploration, job search strategies, and professional development. Career advisors assist with identifying career goals, exploring job opportunities, and creating actionable plans for career advancement.

Wellness Advising

Support focused on maintaining mental and physical well-being. This includes strategies for stress management, healthy lifestyle choices, and balancing academic and personal life, ensuring holistic support for overall wellness.

Networking and Forums

Opportunities to connect with peers, professionals, and industry experts through organized networking events and online forums. This service fosters valuable relationships and provides a platform for sharing insights and opportunities.

Coaching for Social Development

Training and support aimed at enhancing social skills and interpersonal relationships. This includes coaching on communication, networking, and social interactions to build confidence and develop effective social strategies.

Environment Acclimation Advising

Assistance in adapting to new academic or professional environments. This includes guidance on navigating campus life, understanding organizational culture, and integrating into new communities or settings.

Financial Literacy Program

Educational sessions focused on developing financial management skills. Topics include budgeting, saving, investing, and understanding financial concepts to promote financial well-being and responsible money management.

Automatic Monia Membership

Enables access to all Monia services and benefits without additional steps. Membership provides continuous support, exclusive event access, and resources tailored to individual needs.

Life Coaching (Must Be Requested)

Personalized coaching to address life goals, challenges, and personal growth. This service, available upon request, includes goal setting, overcoming obstacles, and developing strategies for a fulfilling and balanced life.

Each service is designed to support various aspects of personal and professional development, providing a comprehensive suite of resources to help individuals thrive.