

OneHop Blog: Mentorship Made Easy for Grad Students



New to Graduate School at Hopkins? Let's Talk Mentorship

Starting grad school could feel like diving into the deep end especially if you just moved to the Baltimore area. New classes. New people. New expectations. New city. And if you're anything like most new graduate students, you're probably juggling dozens of questions.

Here's one thing that can make a huge difference: **mentorship**.

The Importance of Mentorship in Graduate School:

A great mentor can help you:

- Make sense of your grad program and all its moving parts
- Figure out your career options (whether that's in academia, industry, or somewhere unexpected)
- Avoid common pitfalls and learn from someone else's experience
- Feel a little more grounded when things get intense

But let's be real, finding that kind of support doesn't always happen naturally. That's where OneHop comes in.

The JHU OneHop Platform:

If you've used LinkedIn before, think of OneHop as a Johns Hopkins-only version. This platform is built just for students like you to connect with alumni, faculty, staff, and peers who want to help.

You can use it to:

- Find mentors in your field or area of interest
- Reach out to people who've been in your shoes
- Ask the kinds of questions you might be nervous to ask in class
- Get advice on careers, research, work-life balance, and more

And the best part? Everyone on the platform wants to help. That's what it's for.

Here's how to get started:

Head to <https://onehop.jhu.edu/>

Create your account (takes <2 minutes)

Fill in a few basics about yourself

Start exploring and connecting (seriously, it's that easy)

And if you're not sure how to reach out to someone or what to say, Hopkins Connect (the team behind OneHop) has your back. They run events, share tips, and make mentorship feel less intimidating and more real. Follow us on our social media to get involved!

https://linktr.ee/onehop_jhu

Final thought:

Congrats on grad school! It is a big step and no one expects you to figure it all out on your own. Whether you're looking for advice, connections, or just someone who gets it, mentorship can be the difference between surviving and actually thriving.

So don't wait. Hop on OneHop, explore Hopkins Connect, and take that first step. Your future self will thank you.

Want help getting started or have questions? Reach out to the Hopkins Connect team or visit OneHop and look around. You've got this.