Mentorship Guide

Mentor

- Be invested in your student’s academic, career and personal development. Get to know your student (e.g. how they work, their goals, their strengths, and their areas for growth) while maintaining respectful boundaries.
- Share your knowledge, experiences, and insights, but remember that you are not expected to be an expert about everything nor secure them a job or internship. Connect your student to resources if you aren’t sure of the answer.
- Build them up. Mentors should help build confidence in the student’s abilities, and support their goals. Provide constructive criticism in a caring way.
- Stay engaged with your student. The number of times you meet with your student is up to each pair, but we encourage you to meet at least once a month and maintain communication with your student. If you are not able to meet often, let your student know ahead of time in order to establish clear expectations.
- Be open to learning from your student. Learning is a two-way street in mentoring relationships, and the relationship can be just as fruitful for the mentor.
- Listen well. Be attentive and actively listen when you converse with your student.

Student

- Get to know your mentor’s professional background, while maintaining respectful boundaries. Be willing to share your hopes, fears, and goals, so that your mentor can understand you best.
- Remember, the mentor’s role is to guide you, not get you a job or internship.
- Don’t be afraid to ask questions. Mentors may not always know what you want, need, or seek, so don’t shy away if you have concerns.
- Follow-up. Keep in touch with your mentor and share any updates about previous conversations. If your mentor provided you with helpful advice or resources, then you may want to send them a quick Thank You note or card.
- Stay engaged with your mentor. The number of times you meet with your student is up to each pair, but we encourage you to meet at least once a month and maintain communication with your mentor. Keep in mind that your mentor may have a busy schedule; however, feel free to reach out if you would like to meet.
- Be willing to share new knowledge with mentors. Learning is a two-way street in mentoring relationships, and the relationship can be just as fruitful for the mentor.
- Listen well. Be attentive and actively listen when you converse with your mentor.

Potential Topics of Discussion – feel free to use the questions below when getting to know your mentor / student and establishing points of conversation.

Students – sample questions / topics to discuss with your mentor:

- How do you spend your time?
- Looking back on your career, what advice would you give your younger self?
- Now that you know more about me, what would you do if you were in my position?
- What used to be some of your biggest weaknesses?
What are you most proud of?
What professional organizations are you involved with and in what ways?
Is there anything I can do to help you?
Based on my interests, with whom else would you recommend I connect?

Mentors – sample questions / topics to discuss with your student:
What are some of your career goals?
What skills / knowledge are you hoping to develop?
What is preventing you from achieving your goals?
What are some areas for improvement that you wish to develop?
What will you do differently to meet those challenges?
How can I help? Where do you feel you need the most help?

Activities – below you will find a list of suggested activities to explore with your mentor / student:
Coffee or Lunch
Resume Critique
Mock Interview
Job Shadow
Professional Networking Events
Athletic Events
On-Campus Events

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<td>Come prepared</td>
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<td>Talk about the big picture</td>
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<td>Discuss the student’s needs</td>
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<td>Seek mutual agreement on goals and expectations</td>
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<td>Set a timetable</td>
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<td>Agree on meeting times and who will set them</td>
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