

# Mentoring

Mentoring provides an opportunity for both the mentor and mentee to grow from a mutually beneficial relationship. Sometimes a mentorship naturally happens and continues over time. Mentor relationships can also be intentional as part of a program. Either way, both people have put in some time and energy for the relationship to be successful. Here are a few initial thoughts about mentoring:

-At the first meeting discuss expectations and hopes for the relationship

- 1) Be realistic with expectations and revisit them often

-Know what you want to get out of a mentorship before going into it

- 1) Think about what you want to learn from a mentor in general
- 2) Think about what you want to learn from this person in general
- 3) Think about what you are missing from your experience that this person might be able to give

-Let the relationship progress

- 1) Get to know each other's background and goals.
- 2) Create a safe space where both parties feel comfortable sharing

-Remember you are the one in control of the relationship

- 1) Mentees have a greater investment in the relationship
- 2) Make sure you are getting what you want from the relationship
- 3) Communication is key

-Expect to be challenged

- 1) Remember that your mentor is here to help you grow, not to always agree with you.
- 2) Your mentor is a great person to run ideas by, discuss future plans, vent about classes, explore topics from class further etc, but they will also provide feedback for you.

