

REFLECTION FOR MENTEES*

Before engaging with a mentor, use this worksheet to think about what you would like to gain from your mentoring relationship and if this person is the right fit to be your mentor. By clarifying your own expectations, you will be able to have more productive discussions about your needs and goals with your mentor. This worksheet is a jumping off point, so keep thinking about questions you find important and add additional items as needed.

The reasons I want a mentor are to:

- Receive encouragement and support
- Increase my confidence when dealing with professionals
- Challenge myself to achieve new goals and explore alternatives I may not have considered
- Gain a realistic perspective of the workplace
- Get advice on how to balance work and other responsibilities and set priorities
- Receive affirmation towards my social identity with regards to my discipline or career path
- Gain knowledge of “dos and don’ts”
- Learn how to operate in a network of talented peers
- Get critical feedback on my work and progress as I move through a project
- Other _____

I hope my mentor and I will:

- Tour my mentor’s workplace/explore various teaching or work sites
- Go to formal mentoring events together
- Meet over coffee, lunch, or dinner
- Go to educational/professional development events such as lectures, conferences, or talks
- Go to local, regional, and national professional meetings together
- Other _____

→ [MENTOR.UIOWA.EDU](https://mentor.uiowa.edu)

*Adapted from University of Nebraska-Lincoln (UNL)

I hope my mentor and I will discuss:

- Academic subjects that will benefit my future career
- Academic or professional projects relevant to my continued growth
- Career options and job preparation
- The realities of the department, program, or career I am interested in
- My mentor's work
- How to network/be interviewed
- Writing resumes, CVs, cover letters, and/or personal statements
- Potential connections that would benefit my future scholarship or career
- How to manage work and family life
- Personal dreams and life circumstances
- Other _____

The things I feel are off limits in my mentoring relationship include:

- Disclosing our conversations to others
- Meeting in non-public places
- Sharing intimate aspects of our lives
- Meeting behind closed doors
- Other _____

The amount of time that I can spend with my mentor is likely to be, on average (circle one):

1 2 3 4 hours each week / every other week / per month

Other Time _____

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