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 ________________________________

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*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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