

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 or support in 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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