PREPARING FOR YOUR MENTORING RELATIONSHIP AS A MENTEE

Tips for Prospective Youth Mentees from Youth Mentees

Questions for the mentee to ask themselves & to discuss with their mentoring program (if applicable):

- Do I know what mentoring is? How would I define mentoring?
- What is the role of a mentor?
- What would I like my mentor to support me with?
  - Think about what would be most helpful for you when meeting with your mentor, and be prepared to share and communicate some of your goals with your mentor.
- What am I looking for in a mentor?
  - Notice characteristics of teachers who you enjoyed learning with
  - What kinds of personalities work best with yours?
  - Do you work better independently or with supervision?
  - What kind of learner are you? (i.e visual, auditory etc.)
  - What kind of communication (i.e. texting, phone calls, in-person) do you respond the best to?
  - What are some personal experiences and/or sociocultural definitions you've learned that dictates how you see mentoring?

What I wish I knew as a mentee for the first time:

- Mentoring is not “one size fits all”
- Communication is vital in creating a healthy mentor/mentee relationship
- You can have more than one mentor, with each relationship serving different purposes
- Don’t be afraid to ask questions and to provide honest feedback. You know yourself best.
- It is important to establish boundaries and communicate what you are comfortable with and uncomfortable with sharing
- It takes time to build a relationship, be patient with yourself and with your mentor, especially if it might feel awkward at first