

Do's and Dont's for Mentees

Do...

- respect your mentor's time as much as your own
- be open to feedback and don't get defensive
- come up with a goal or plan for the meetings within the program
- develop a "contract" agreeing with your mentor on the logistics and topics that will be covered within the relationship
- come to each meeting with questions prepared
- keep the relationship on a professional and constructive basis
- follow-through on all commitments that have been discussed during the meetings
- be open / honest and discuss the most appropriate form of communication with your mentor.

Do not...

- expect decisions to be made for you
- exaggerate your accomplishments or relationships
- ignore advice, but understand that you do not have to act on all advice offered
- try to be the mentor
- break confidence with your mentor
- focus on personal matters
- solicit job offers
- come unprepared
- avoid discussion of inappropriate subjects and forcing your solutions in conflicts.