

Planning Your Mentoring Relationship

This worksheet is designed to help you plan your relationships and guide your first meeting with your mentor. Please add your own items whenever you do not find them listed.

1. A mentor might be defined as
 - a. a guide, trusted counselor
 - b. an advocate
 - c. a friend
 - d. a sympathetic ear
 - e. a resource for information
 - f. other?

Ideally, which of these roles do I see my mentors playing?

What do I see as the most useful role my peers can play?

2. What types of issues do I want to discuss with my mentors or mentoring peers?
3. What kinds of activities would I like to engage in with my mentors or mentoring peers?
 - Go to formal mentoring events
 - Meet informally over coffee, lunch or dinner
 - Go to educational events (lectures, talks, discussions etc)
 - Participate in structured activities (Ex: structured peer editing of grant proposals)
 - Engage in non-academic activities (hiking, art museums, movies)
 - Other?
4. What kinds of things are off-limits in our mentoring relationship?
 - Going to restaurants to meet
 - Using non-public places to meet
 - Sharing private aspects of our lives
 - Other:
5. How much time can I spend with my mentors or mentoring peers each week?
6. How much time each month?