

MENTEE EXPECTATION WORKSHEET

Directions: Use this worksheet to help you develop an understanding of what you expect to gain from your mentoring relationship. Add your own items whenever you do not find them listed.

The reasons I want a mentor are to:

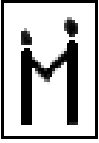
- receive encouragement and support
- increase my confidence when dealing with professionals
- challenge myself to achieve new goals and explore alternatives
- gain a realistic perspective of the workplace
- get advice on how to balance work and other responsibilities and set priorities
- gain knowledge of the workplace "do's and don'ts"
- learn about networking
- other reasons I want a mentor: _____
- _____
- _____

I want my mentor and I to:

- tour my mentor's work place/ make a tour of labs
- go to formal mentoring events
- meet over coffee, lunch, or dinner
- go to educational events such as lectures, talks, documentaries
- go to local professional meetings
- other activities I want to do with my mentor: _____
- _____
- _____

I hope my mentor and I will discuss:

- academic subjects that will most benefit my future career
- career options and job preparation
- the realities of the work place
- my mentor's work
- how to network
- how to manage work and family life
- other topics I hope to discuss with my mentor: _____
- _____
- _____



MENTEE EXPECTATION WORKSHEET, Continued

The things I feel are off limits in my mentoring relationship include:

- going to restaurants to meet
 - using non-public places for meetings
 - sharing private aspects of our lives
 - meeting behind closed doors
 - other situations or topics that I feel are confidential or off limits with my mentor: _____
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I hope that my mentor will help me with job opportunities by:

- opening doors for me for job possibilities
 - introducing me to people who might be interested in hiring me
 - helping me practice job interviews
 - suggesting potential work contacts for me to pursue on my own
 - teaching me about networking
 - critiquing my resume
 - other ways to help me with job opportunities: _____
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The amount of time I can spend with my mentor will be, on average:

- 1 2 3 4 hours each week
- 1 2 3 4 hours every other week
- 1 2 3 4 hours each month