

## 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 from more senior faculty  
increase my confidence  
challenge myself to achieve new goals and explore alternatives  
gain a realistic perspective of the academic workplace  
get advice on how to balance work and other responsibilities and set priorities  
gain knowledge of the unwritten “do’s and don’ts”  
learn about networking  
other reasons I want a mentor: \_\_\_\_\_

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### **I want my mentor and I to:**

tour my mentor’s labs/facilities, learn about my mentor’s projects/activities  
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: \_\_\_\_\_

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### **I hope my mentor and I will discuss:**

academic activities that will most benefit my future career  
promotion and tenure preparation  
the realities of the academic workplace  
my mentor’s work  
how to network  
how to manage work and family life  
other topics I hope to discuss with my mentor: \_\_\_\_\_

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## 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