

MENTOR 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 to be a mentor are to:

encourage and support a younger person in my field
establish close professional relationships
challenge myself to achieve new goals and explore alternatives
pass on knowledge
create a network of young talented people
other reasons I want to be a mentor: _____

I want my mentee and I to:

tour my labs/facilities learn about my 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 mentee: _____

I hope my mentee and I will discuss:

which academic activities will most benefit my mentee's future career
promotion and tenure preparation
the realities of the academic work place
my work
how to network
how to manage work and family life
other topics I hope to discuss with my mentee: _____

MENTOR 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 meeting
- sharing private aspects of our lives
- meeting behind closed doors
- other situations or topics that I feel are confidential or off-limits with my mentee:

I will help my mentor will help me with professional advancement by:

- opening doors for my mentee's for advancement possibilities
- introduce my mentee to people w ho might be helpful to his or her advancement
- helping my mentee prepare for tenure or promotion
- suggesting potential professional contacts for my mentee
- critiquing my mentee's proposals/tenure packet
- other ways to help my mentee advance professionally:

The amount of time I can spend with my mentee 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