

# Mentee Expectations

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Use this worksheet to develop an understanding of what you expect to gain from your mentoring relationships. By clarifying your own expectations, you will be able to communicate them more effectively to your mentors. Add items you deem important.

**The reasons I want to be mentored 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 field
- Get advice on how to balance work and other responsibilities, and set priorities
- Gain knowledge of "dos and don'ts"
- Learn how to operate in a network of talented peers
- Other \_\_\_\_\_

**I hope that my mentor and I will:**

- Tour my mentor's workplace
- Meet over coffee, lunch, or dinner
- Go to educational events such as lectures, conferences, or other events together
- Go to local, regional, and national professional meetings together
- Other \_\_\_\_\_

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

- Professional development subjects that will benefit my future career
- Career options and job search preparation
- The realities of the workplace
- My mentor's work
- Technical and related field issues
- How to network
- How to balance work and family life
- Personal goals and life circumstances
- Other \_\_\_\_\_

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

- Disclosing our conversations to others
- Using non-public places for meetings
- Sharing intimate aspects of our lives
- Meeting behind closed doors
- Other \_\_\_\_\_

**I hope that my mentor will help me with job opportunities by:**

- Opening doors for me to job possibilities
- Introducing me to people who might be interested in hiring me
- Helping me practice for job interviews
- Suggesting potential work contacts for me to pursue on my own
- Teaching me about networking
- Critiquing my resume
- Other \_\_\_\_\_

The amount of time I can spend with my mentor is likely to be, on average:

1 2 3 4 hours each *week/every other week/per month* (circle one)

