



### Developmental Mentoring:

- Spend time getting to know your mentor.
- Strive to go outside of your comfort zone.
- Learn from your mentor and allow the relationship to go both ways.
- Prepare in advance with topics to discuss and things to ask.
- Take actions to engage with your mentor.
- Set up regular meetings.
- Schedule your next meeting at the conclusion of each meeting unless you have set standard meeting times.
- When in-person meetings are not possible, meet by video when you can for the personal connection.
- Try one new thing each week – and follow it up.
- Don't wait for your mentor to reach out to you; reach out and reach out again.
- Be vulnerable enough to share what you need with your mentor.
- "Fine" is not an acceptable response to the question "How are you doing?"
- Ask your mentor, "knowing what you know about me now, who else do you think I should meet?"
- Follow up with potential contacts provided by your mentor.
- Look at your mentor's LinkedIn contacts to see what introductions would be beneficial.

### Issue Mentoring:

- Ask yourself: "What are my needs and what am I trying to accomplish in this program and in my career?"
- Share your needs and goals with your mentor.
- Identify issues you would like to improve.
- Think of this as a deeper relationship. You are not meeting someone "in a cocktail or food line."
- Find other ways to connect outside of formal meetings, such as virtual happy hours or other events to further your network.
- Remember, your mentorship relationships can benefit you for years to come.
- Give yourself and your mentor "grace." Re-evaluate what you need more of and what you need less of.
- Identify if change is needed.
- Share what is working and build on it.
- Ask "what would make this relationship more powerful?"
- If things can be better, do a reset to your relationship.



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