

Name: \_\_\_\_\_



## Choosing a Mentor

Are you looking for a mentor? Use *Career World's* Mentor Plan to help you take the first steps toward forging this important connection.

### Part I

#### My Mentoring Goals

Before identifying a mentor, figure out what your goals are as a mentee. Consider the following questions. Write your responses on a separate piece of paper.

1. What do I want to gain from a mentoring relationship?
2. What is my career goal or academic goal?
3. What are my skills and strengths?
4. What skills do I need to work on?
5. What kind of time can I commit to this mentorship?
6. How do I learn best: by reading, listening, seeing, or doing?
7. What kind of work do I want to do as part of this mentorship? Independent or self-development projects; or formal, structured work?
8. What kind of mentor will I work best with? One who provides a lot of structured feedback, or one who is simply there and accessible when I need them?

### Part II

#### The Mentor for Me

Consider these questions when selecting a mentor. You might ask some of them outright to a potential mentor; others you may just want to keep in mind as you think about who your mentor might be. Write your responses on a separate piece of paper.

1. Is my potential mentor's career a good match to my own career/academic goals?
2. Do we have common interests?
3. Is my potential mentor successful and well-respected in his or her field?
4. Does my potential mentor have enough time to commit to this mentorship? How much time does he or she see devoting to this? Does his or her schedule work with mine?
5. Can we agree on a timeline for reaching my goals?
6. What professional or practical opportunities can he or she help to connect me with?
7. Do our personalities click? Is he or she someone I can take constructive criticism from comfortably?
8. Is he or she a good listener?
9. Do I understand what the person says to me? Do I feel comfortable sharing my thoughts with him or her?
10. Does my potential mentor tell me things that make me think differently, or that are new to me?

### Part III

#### Potential Mentors

Look over your responses to Parts I and II. Based on those responses, who do you think would be an effective mentor for you? If you can't think of anyone, speak to a teacher or guidance counselor about setting up interviews with potential mentors from the community or local businesses. Use the table below to keep track of your communication with your potential mentor.

Potential Mentor	Contact Information	Contact History