CHARACTERISTICS OF GOOD MENTORS

- Available to mentee when needed
- Lead by example and inspire self-awareness
- Act as a sounding board
- Offer counsel and guidance
- Share ideas and knowledge openly
- Provide honest feedback to mentees
- Offer encouragement and opportunities to build self-confidence
- Challenge the mentee to grow and develop
- Respect personal boundaries
- Maintain confidentiality

CHARACTERISTICS OF GOOD MENTEES

- Develop well-thought out professional and career goals for the mentoring relationship
- Take responsibility for driving the partnership to meet individual goals
- Are open to feedback and individual growth
- Have realistic expectations of mentors
- Take initiative to reach partnership goals and objectives
- Take risks in order to grow
- Are good listeners
- Are authentic
- Follow through to achieve partnership goals
- Are committed to confidentiality

A MENTORING RELATIONSHIP IS NOT:

- A “Buddy” relationship
- A supervisory relationship
- An academic advisor