Mentee 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 a mentor are to:

☐ Receive encouragement and support from more senior faculty
☐ Increase my confidence
☐ Challenge myself to achieve new goals and explore alternatives
☐ Gain a realistic perspective of the academic workplace
☐ Get advice on how to balance work and other responsibilities and set priorities
☐ Gain knowledge of the unwritten “do's and don'ts”
☐ Network
☐ Other: __________________________

I want my mentor and I to:

☐ Tour my mentor's labs/facilities, learn about my mentor's 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: __________________________

I hope my mentor and I will discuss:

☐ Academic activities that will most benefit my future career
☐ Promotion preparation
☐ The realities of the academic workplace
☐ My mentor's work
☐ How to network
☐ How to manage work and home life
☐ Other: __________________________

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

☐ Going to restaurants to meet
☐ Using non-public places for meetings
☐ Sharing private aspects of our lives
☐ Meeting behind closed doors
☐ Other: __________________________

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

☐ Opening doors for me for advancement possibilities
☐ Introducing me to people who might be helpful to my advancement
☐ Helping me prepare for promotions
☐ Suggesting potential professional contacts for me to pursue on my own
☐ Critiquing my proposals
☐ Other: __________________________

The amount of time, on average, I can spend with my mentor will be:

_____ Hours each week
_____ Hours every other week
_____ Hours each month

Adapted from New Mexico State University's ADVANCE Mentoring Program. Original source: A Curriculum for Training Mentors and Mentees by Brainard, Harkus, and St. George.