Frequently Asked Questions: Mentors

Q. Do you have any suggestions of things to do with my mentee?
A. Meet for coffee, lunch, or after-work drinks. Mentees may find it helpful if they see what you do on a typical day. Show them around your office and give them a feel for your job. Consider taking them to a networking event or industry program. Introduce them to colleagues in the field and if they have a specific area of interest try to connect them with professionals in that area.

Q. What should we discuss?
A. You could talk about different jobs you’ve had, what you’ve struggled with and what has been successful for you. Knowing that everyone encounters hurdles and gets over them can be motivational to a mentee. The best mentors ask questions and listen. Sometimes a mentee just needs an ear. Cater your advice to their needs. Additional topics to discuss are:
   - Tips for networking
   - Insight into the field
   - Job search tips
   - Good lists/groups to engage with
   - Professional associations you find helpful
   - Career planning advice

Q. How often should we meet?
A. This is really up to the pair. However, you will find the program most rewarding if you keep open lines of communication. Even if you are unable to meet regularly, make sure you e-mail or call and keep each other up to date. Mentors should aim to check in every 3-4 weeks at the least, even if just by e-mail.

Q. How long should I plan to participate in the program?
A. To facilitate building a meaningful relationship, the Council suggests committing to one year.

Q. Will the Council provide any additional guidance?
A. Periodically, a Council staff person will contact each mentor pair to see how things are progressing. For more information on how to make the most of this program, please view our mentor or mentee tip sheets. Also, please feel free to contact me at any time if you have questions.

Questions?

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Frequently Asked Questions: Mentees

Q. What types of things will I be doing with my mentor?
A. Your mentor will probably meet you for coffee, lunch or after-work drinks. You may attend a networking event or industry program. Also, be sure to tell your mentor if you have an interest in a particular field; he or she may be able to introduce you to a colleague in the area. Depending on their office, mentors may invite you to spend part of a day with them. This is a great opportunity to view the field from a new perspective and get a sense of your mentor's day-to-day responsibilities and working environment.

Q. What should we discuss?
A. To help your mentor get to know you, tell him or her about your past jobs and what you'd like to do in the future. Be open about questions you have and any struggles you are facing professionally. Some things your mentor will be able to help you with include:
  • Tips for networking
  • Insight into the field
  • Job search tips
  • Good lists/groups to engage with
  • Professional associations they find helpful
  • Career planning advice

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