

Qualities of a Mentee

A Mentee **IS** a/an...

- Team player
- Engaged learner
- Active listener
- Open communicator
- Her own person

A Mentee **IS NOT** a/n...

- Best friend
- Sibling
- Protégé

Initiative to ask for feedback. Feedback is imperative to your personal and professional growth and development. Demonstrate that you're open to hear new ideas and suggestions in order to improve yourself and move towards fulfilling your potential. Ask for details in order to properly understand the feedback. Tell your mentor how you prefer to get feedback.

Respect for individuals, their abilities and their right to make their own choices in life. Always be considerate and respect your mentor's time as you do your own. Mentees who convey a sense of respect and equal dignity in the relationship win the trust of their mentors.

Timely responses and follow-ups. Return phone calls promptly and be on time with commitments. If your mentor offers specific availability, respect her wishes by following through. Only extend the time of your contact if your mentor desires to extend or complete a task or discussion. In fact, make it a point at the beginning of your relationship to establish communication preferences, so that both of you are on the same page.

Proactivity and engagement. While initial hesitations are expected, effective mentees quickly learn to ask questions, share their thoughts and explore the advice and support provided by their mentors. Successful mentees make the most of their mentor relationships by being actively present.

Flexibility and openness. Effective mentees recognize that relationships take time to develop and that communication is a two-way street. They are willing to take time to get to know their mentors, to learn new things that are important to their mentors (music, styles, philosophies, etc.), and even to be changed by their relationship.

Awareness of when to reach out. Effective mentees embrace the notion that asking for help is sometimes the best step. They are able to make sense of situations that prompt assistance such as the inability to adjust to a college environment, situations in which you're at-risk to yourself or others, or dramatic changes in behavior.