



Quick Tips: Mentoring Matters

BASIC TIPS:

- A mentor is someone who sees potential in you that you may not see in yourself. It is someone who is supportive and can brainstorm with you about your career.
- Mentors help you build your confidence and encourage you to take risks on your career journey.
- The most effective mentor type relationships usually occur naturally. They aren't something you can force.
- You may have a mentor and not even know it! Mentors can be people you spend a lot of time with during an internship or job. You can also have a peer mentor who is your age that is someone you admire and respect.
- When it comes to mentor relationships, it's important to be clear with your mentor about what you hope to achieve with the relationship. Remember, you often get out of relationships what you put into them.
- If you come in contact with someone in your field of interest you believe could be a good mentor, invite them to lunch or meet for coffee. Most people are honored when a young person seeks out a mentor relationship for career advice.