

Mentee Checklist

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- Share your professional background, clinical experience and knowledge of evidence.
- Demonstrate self-motivation to initiate a mentoring conversation
- Set and share goals with clear timelines.
- Discuss structure of sessions
- Discuss how often you want to communicate and through what means (email, phone, in person).
- Share how you learn best.
- Be respectful of mentor's time, keeping in line with agreed-upon parameters.
- Be honest; tell mentor exactly what is on your mind.
- Demonstrate respect
- Thank mentor at appropriate times
- Read the "Mentoring Relationships: Starting the Conversation" handout.
- Make yourself available as a mentor to someone as well, if you feel you are ready/have something to offer!

Mentee Tips

- Don't be afraid to ask 'stupid' questions!
- Remember that you are engaging in this process voluntarily!
- Be open to new/different ideas and viewpoints.
- Ask for evidence-based information when available.

This is information was prepared by Ann Valentine, PT, DPT, NCS, Aspen Kunisch, PT, DPT, NCS, and Chuck Plishka, PT, DPT, and adapted from materials by Britta Battaile, PT, DPT, PCS, from the Section on Pediatrics' Mentoring Program 2013. Last updated April 2014.