



Mentee Checklist

- 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.