

Mentor Checklist

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- Share your background and experiences.
- Challenge your mentee to self-assess and create goals focusing on their strengths and needs.
- Be accountable, approachable, and available.
- Check in with mentee between meetings to assess progress.
- Be prepared for each communication session by keeping focus on the mentee's goals.
- Support your mentee by first listening, and then answering questions and providing resources.
- Expand the mentee's professional social network, if possible.
- Encourage skill development
- Facilitate career planning, introducing your mentee to the many roles of a Physical Therapist (clinical, political, administrative, research, teaching)
- Read the "Mentoring Relationships: Starting the Conversation" handout.

Mentor Tips

- Demonstrate Professionalism: High clinical standards, ethics, and participation in professional activities (e.g. continuing education, quality-improvement projects)
- Show respect for and interest in the mentee
- Flexibility is a must; be open to new/different ideas and viewpoints
- Minimize personal bias
- Maintain confidentiality

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