

HOW TO TALK WITH MENTORS



BEFORE MEETING

Think about what you want to share about yourself. What is your story? What are you interested in learning more about and why? What is it that you don't know/are trying to explore that you might want to talk about with a mentor?

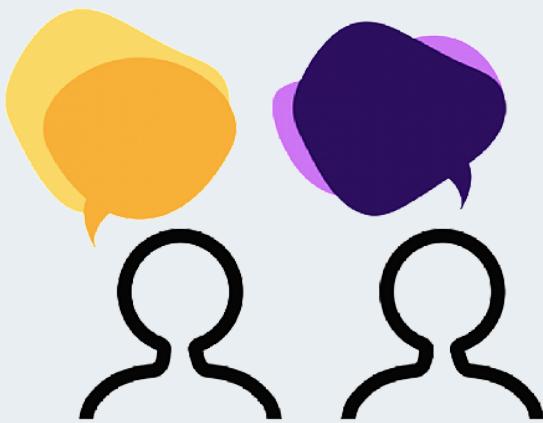
BE FLEXIBLE

One of the main goals of mentorship is to find out information about a field/career/experience that you may not know much about. Don't worry too much about staying on topic or trying to get all of our questions asked in just one meeting.



MORE PREPARATION

Find out a little information about the mentor if possible - look at their research, their LinkedIn profile, etc. Think about how your experiences both converge and diverge. You might also want to develop some questions that help you learn about them and their experiences, even if those might be different from your experiences/goals.



"TELL ME ABOUT..."

The phrase "Tell me about..." allows both students and mentors to use this phrase to introduce topics they're interested in AND allow both parties to feel that they have control over what they choose to disclose about their experiences.

BE REAL & DEVELOP TRUST

Show interest in and respect for your mentor's journey. Even if mentors are in a very different place than you think you may want to be, there are lessons to be learned from their experiences. Allow yourself to develop trust with mentors over time. Come prepared to share something about yourself - especially your curiosity and passions. Do not feel that you have to impress your mentor to get them to keep working with you. In fact, mentors want to be useful - be honest with them about your struggles!



SHOW A GROWTH MINDSET

Show your mentor that you're willing to grow and change. It can be frustrating for your mentor to provide suggestions and advice only to hear all of those ideas refuted. Even if you may not take that advice, respect that it is intended to help you think differently.

AFTER MEETING



- SAY THANK YOU
- SEND UPDATES: IF YOU'VE TAKEN A SUGGESTION AND IT'S WORKED OUT, LET THE MENTOR KNOW ABOUT YOUR SUCCESS
- SEND A FRIENDLY EMAIL IF YOU HAVEN'T CONNECTED IN A WHILE