

Mentee Participation Agreement

DO:

Trust your mentor. Give them the opportunity to work with you.
Understand what you want from the mentoring relationship and communicate your goals and aspirations to your mentor.
Understand what you have to give, as well as receive, from the relationship.

Act on your mentor's advice when you feel it is applicable to your situation. Follow up with resources/references that your mentor gives you to find answers or needed information.

Keep all scheduled appointments with your mentor and display professional behavior and dress, as appropriate.

Be flexible on meeting times and places.

Be realistic and maintain a positive attitude.

Be ambitious and enthusiastic.

DON'T

Ask you mentor to act in your place or tell you precisely what to do.

Complain about other people or missed opportunities in an unprofessional manner.

Commit yourself to obligations you cannot keep.

Cancel meetings/visits with your mentor at the last minute.

Ask the mentor to borrow their vehicle.

Ask the mentor for money

Use bad language; make degrading, sexist, or racist comments.

Do not avoid talking about problems, anxieties, or grief because it makes you seem less than perfect

Let your ego get in the way

Signature:_____

Date:_____