

## My Mentoring Map

### Professional Development Mentors

1. \_\_\_\_\_  
Who can I go to who will share their expertise with me about the field I am interested in?
2. \_\_\_\_\_  
Who will help me make connections with people in the field I am interested in?
3. \_\_\_\_\_  
Who can help me navigate the process of entering into the field I am interested in?

### Academic Support Mentors

Who can I go to that can help me with class performance, study habits, and with getting access to resources?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Accountability Networks

Who can hold me accountable for doing what REALLY matters?

1. \_\_\_\_\_
2. \_\_\_\_\_

### Developmental Mentors

Your developmental mentor helps you to see the big picture. They are willing to invest in you to help you develop in many dimensions. They focus on your specific needs and interests and will help you develop strategies to reach your goals.

1. \_\_\_\_\_
2. \_\_\_\_\_

### Emotional Support Network

Who can I go to on my down days, during my stressful moments, my freak outs, when I am having a life challenge, and when I am having anxieties?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### My Safe Spaces

(Can be people or places) Where can I find space to regroup, be me, or just relax?

1. \_\_\_\_\_
2. \_\_\_\_\_

Put Your Name Here  
Date: \_\_\_\_\_

\_\_\_\_\_  
Create another area you would like to get mentoring in.

1. \_\_\_\_\_
2. \_\_\_\_\_

Having many *mentors* and *support structures* is essential to success! Mentors help to facilitate growth in their mentees in many ways. A good mentor will help you groom skills you already have, point out flaws, and keep you from making the mistakes they did or saw others make. Mentors can be family, friends, other individuals, and peers. Now, at this stage, your mentors should not only be peers.

If you already have mentors in any of these areas that's great! Use this map to help you identify areas where you are still in need of mentoring. If you have one person who can fit in more than one spot that's just fine! You don't have to have a different person for each space. You can also create new areas to have mentors that are not included on this map.

### Personal Coaches

1. \_\_\_\_\_  
Who can I go to get help with balancing work, school, and life?
2. \_\_\_\_\_  
Who can be a sounding board for me when I have life challenges and need to think through options?
3. \_\_\_\_\_  
Who can be a positive support and an encourager in my life?

## *My Mentoring Map*

1. Where do I know I have potential but, need some help realizing it? \_\_\_\_\_

2. What areas do I struggle with the most? \_\_\_\_\_

3. Where do I want to be in 1 year, 5 years, and 10 years? \_\_\_\_\_

4. Do I know what is required to get into my field of choice? \_\_\_\_\_

### **Finding Mentors**

Well how do I find a mentor anyway? What characteristics should I be looking for? What if the person I want to be mentored by doesn't seem interested? These are great questions. Mentoring relationships happen in many different ways. Some mentor-mentee relationships just to happen, others were established through a program, but many formed because a mentee asked the prospective mentor and they said "Sure!" When searching for good mentors, you should observe and take notes. Is the person you would like to be mentored by accessible, available, and successful in the areas you need help in? If I need academic help, it is probably a good idea to ask someone who passed the class I am struggling with for help and not the person who failed it. So, ask yourself what do you need your mentor to help you develop? Then ask around, get a referral and find out who could help you and seems willing to do so. After you have identified someone you think will be a great mentor for you **just ask** and see what they say. If they can't do it now that's fine, no hard feelings, but if they can that's even better.

### **Using Mentors**

Many mentoring relationships start off great, both mentee and mentor are excited, yet the full potential of the relationship is never realized. This can be due to many reasons, however doing the following things should help you utilize your mentors to the fullest!

1. **Check-in with your mentors.** For some people this might mean weekly, for others once or twice a semester. The frequency of check-ins is really determined by the goals of the mentoring relationship. But you do have to check-in. So just stop by, say hi, set up a lunch appointment to talk about your progress and get suggestions. Remember many mentors are really busy, but the good ones will make time for you!

2. **Ask for feedback.** Getting feedback from your mentors about where you stand can be very uncomfortable. But, without an honest assessment about your performance, you can't grow. Know that your mentors are only telling you what they think, because they are here to help you succeed! So **be willing to listen**, to **learn**, and to **make adjustments** when needed. Good mentors will tell you what you need to hear, even if it is not what you hope to hear, to help you develop.

3. **Be open about what you want.** For some people being assertive is hard. You might think you are being pushy, but there is nothing wrong with stating your objectives and goals. Sometimes your mentors might have a different idea about what you want, so it's okay to make sure everyone is on the same page. Good mentors will respect your goals and help you work toward achieving them.

4. **Put what you learn from your mentor into use.** Why get good advice then do nothing with it? That's like going to the doctor because you have a cold, getting prescribed the medication that will help you get over it, then just not taking it. You wouldn't do that, so find ways to put the good advice your mentor gives you into practice in your life.