

Mentoring Tips for Mentees

Following is some advice IMP staff on how to make your mentoring search and experience more meaningful:

Think about what you want. Think carefully about what you want out of the mentorship, what kind of mentor you'd like and the questions you'd like answered. That way, you can search for mentors that better match your interests. The more you know your own goals, the more your mentor can help you.

Long distance relationships? Think carefully about what kind of interactions you'd like with your Mentor. While long-distance relationships can be difficult to maintain, an overseas- or interstate-based IMP mentor can help you with aspects of your career that a local mentor wouldn't be as able to assist with. Be strategic. If you're thinking about moving to China after graduation, contacting a mentor in Beijing is an effective strategy. Skype and Zoom are great tools to connect with a long-distance mentor.

Don't get discouraged! Sometimes it may take several requests before you get a mentor match. If a mentor does not accept your request it is most often because the mentor realizes that he/she is too busy, or he/she feels it wouldn't be a good match. Remember, there are lots of mentors in our database!

Don't delay. Once you get a mentor match, try to contact your mentor within two days of getting matched. Keep on top of things.

Establish Expectations. When you make contact with your mentor for the first time, take some time to establish expectations of how you'd like your relationship to be. For example, do you want more of a focus on building relevant skills vs. more career advice, will you meet once a week vs. once a month, will you meet in-person or via Skype, communicate using email, etc.

Be Proactive. If your mentor hasn't responded to you in a while, don't be shy about emailing or calling him/her again. He/she may have just gotten busy or missed your email. Remember, your mentor signed up for the program because of his/her interest in mentoring. If you don't hear after several attempts, contact the program staff at: industrymentoringprogram@griffith.edu.au.

Make it personal. Be sure to get to know your mentor on a personal level. While mentors are certainly excellent career resources, you can learn a lot from their personal stories as well.

Keep it consistent. Even if you can't make contact with your mentor very often, try to keep it consistent (i.e. email him/her every couple of weeks). If there are long periods of time between your interactions, it may be easy to let the mentorship die altogether so try not to let that happen.

Let IMP help! If you ever get stuck trying to get a mentor or making contact, contact the IMP team for advice and help. We're a resource for every aspect of building a relationship with your mentor. [Contact us at: industrymentoringprogram@griffith.edu.au](mailto:industrymentoringprogram@griffith.edu.au)

IMP

The Industry Mentoring Program (IMP) has matched Griffith Students with Industry professionals for career development learning and industry exposure. We support hundreds of mentoring relationships throughout the year, in a wide range of backgrounds and industries.

CONTACT

Nicole Graham
Senior Career Development
Consultant and Industry
Mentoring Lead
Careers and Employment Service

Ph: (07) 5552 7149
Fax: (07) 5552 8854
Email: N.Graham@griffith.edu.au