STUDENT GOALS FOR MENTORSHIP

REFLECTION QUESTIONS

Why do you want to be a mentor for undergraduates?
What do you hope to gain from your experience?

Think about your own experience being mentored. What are the qualities that make someone a strong mentor?

What do you anticipate that the students will need or want to get out of their conversations with you?

POSSIBLE MENTORING OBJECTIVES FOR UNDERGRADS

The reasons why undergrads seek mentorship are as varied as the students themselves:

- Learning about graduate school and how to get involved in research as an undergraduate
- Exploring career possibilities
- Gaining advice on how to succeed as an undergraduate in a given field
- Relating to someone who has a similar identity or set of experiences
- Practicing networking and other professional skills
- Gaining confidence in their unique strengths
- Discovering different ways they may be able to put their unique strengths to use as a student or as a professional
- Exposure to resources that they aren't familiar with

IT ISN'T ABOUT YOU... IT'S ABOUT THE STUDENT

You may have a lot of experience and knowledge to share, but that has been shaped by your own unique circumstances and experiences. Recognize that your mentees are walking their own unique paths and that your role is to respect that uniqueness while guiding and encouraging them on their way.

Adapted from the Yale Academic Strategies Program