



Mentoring Program

Pre-Meeting Questions

Having a clear idea of what you hope to gain from the mentoring relationship before your first meeting can help guide the initial conversation and lay the foundation for a productive and successful experience.

Questions to ask yourself:

- Review your proficiencies and development opportunities. What do you want to grow (proficiencies) and what do you need to learn (development opportunity)? *(Use the Career Competency worksheet for reference.)*

Proficiencies	Development Opportunities

- What are your professional interests and objectives on getting there (e.g. extra education, internship/externship)?
- What is your learning style, how do you like to communicate?
- What are your specific needs? How/can your mentor help you the most?

Adapted from Safer, D. (2020, April). NACE. <https://www.nacweb.org/uploadedfiles/files/2020/publication/nace-being-a-successful-mentee-apr-2020.pdf>