



# Mentoring Program

## Guide to a Successful Mentee Experience

### Set Clear Goals and Expectations

**Define Your Objectives:** Before starting the mentoring relationship, take some time to reflect on what you hope to achieve. Are you looking to develop specific skills, gain insight into a particular area of environmental health, or expand your professional network? Setting clear, realistic goals will help guide your mentoring sessions.

**Communicate Your Expectations:** Be open and honest with your mentor about what you expect from the relationship. This might include the frequency of meetings, preferred communication methods, and the types of support or guidance you're seeking. Be sure to complete the Mentee Self-Reflection and Expectations Worksheet and share it with your mentor.

### Be Proactive and Engaged

**Take Initiative:** Don't wait for your mentor to drive the relationship. Take the lead by scheduling meetings, suggesting topics for discussion, and actively seeking feedback.

**Prepare for Meetings:** Come to each session prepared with questions, topics for discussion, or specific challenges you're facing. This shows respect for your mentor's time and demonstrates your commitment to the mentoring process.

**Stay Engaged:** Actively participate in discussions, ask questions, and seek clarification on topics you're unfamiliar with. Engaged mentees are more likely to gain valuable insights and foster a meaningful connection with their mentors.

### Be Open to Feedback and Learning

**Accept Constructive Criticism:** Be open to receiving feedback, and use it to gain new ideas and perspectives.

## Build a Strong Relationship with Your Mentor

**Establish Trust:** Trust is the foundation of a successful mentoring relationship. Be reliable, respectful, and maintain confidentiality when discussing sensitive topics.

**Show Appreciation:** Acknowledge your mentor's time and effort. A simple thank you or a note of appreciation can

