How to Be an Excellent Mentee
University Health Center/ Office of Student Conduct
The University of Georgia

The goals of the mentor program are to assist you in (1) establishing a meaningful relationship with a faculty or staff member and (2) developing a personal sense of purpose. The following tips will help you meet you establish a relationship with your mentor (and with any future mentors) and to help you feel like you gained something meaningful and worthwhile from the relationship.

- **Be Proactive:** Take initiative for seeking your mentor out, arranging appointments, and communicating requests for time and assistance.
- **Keep commitments (and deadlines):** Demonstrate that you are self-motivated, self-monitoring, and reliable when it comes to delivering work promised at the time you promised it. Few things will impress a mentor more than reliability in a student.
- **Always strive for excellence:** Excellent students set themselves apart by refusing to settle for mediocrity – particularly in work produced for the mentor.
- **Demonstrate openness to feedback:** Accept praise and criticism with openness and non-defensiveness; students who can tolerate and learn from correction are more likely to be mentored.
- **Demonstrate responsiveness to coaching:** When your mentor takes the time to offer counsel or advice, be sure to follow up later with evidence that you have put it into practice (or at least considered it thoughtfully).
- **Communicate honestly and directly:** Be forthright, clear, and tactful in letting your mentor know how you feel and how they can help.
- **Accept increasing responsibility and autonomy:** As you progress in the program, accept larger tasks with greater independence; your job is to move from novice to junior collaborator with your mentor.
- **Accept imperfection and admit mistakes:** Although quality effort is required, perfection is impossible; avoid getting mired in fruitless demands for perfect performance and be quick to admit mistakes when you make them.
- **Be mindful of your mentor’s goals:** Remember that mentorship is a two-way street and that your mentor’s time is precious. In addition to identifying your goals, consider your mentor’s goals for the relationship and remain mindful of your role in helping the mentor achieve those goals.
- **Keep your expectations reasonable:** Avoid falling prey to unrealistic expectations of your mentor; your mentor cannot meet all your needs, know everything, or always offer undivided attention.
- **Maintain a sense of humor:** Humor is an excellent antidote for anxiety, frustration, and catastrophic thinking; most mentors appreciate a student who can keep things in perspective when times get tough.
- **Build a mentoring constellation:** Rather than expect your mentor to be all things, seek out a range of personal and professional support during your program including peers, more advanced students, and other faculty/staff inside or outside the institution.