

## “Ment” to Be \_\_\_\_\_

**Directions:** Are you looking for a mentor? Use *Current Health*'s Mentor Plan to help you take the first steps toward forging this important connection.

### Part 1: My Mentoring Goals

Before identifying a mentor, figure out what your goals are as a mentee. Consider the following questions and write your responses on a separate piece of paper.

1. What do I want to gain from a mentoring relationship?
2. What is my career goal, health goal, or academic goal?
3. What are my skills and strengths?
4. What skills do I need to work on?
5. What kind of time can I commit to this mentorship?
6. How do I learn best: by reading, listening, seeing, or doing?
7. What kind of work do I want to do as part of this mentorship? Would I prefer independent or self-development projects; or formal, structured work?
8. What kind of mentor will I work best with? Is it someone who provides a lot of structured feedback, or someone who is simply there and accessible when I need him or her?

### Part 2: Your Turn

On a separate piece of paper, write a “help-wanted ad” describing your ideal mentor. You should include the type of mentoring relationship you seek, your requirements for him or her, and what you can offer in return.