Worksheet 1: Your expectations
Adapted from Brainard, Harkus & George (1998)

Use this worksheet to identify what you expect to gain from your mentoring relationships. By clarifying your own expectations, you will be able to communicate them more effectively to your mentors. Add items you deem important.

The reasons I want a mentor are to:
___ Receive encouragement and support
___ Increase my confidence when dealing with professionals
___ Challenge myself to achieve new goals and explore alternatives
___ Gain a realistic perspective of the workplace
___ Get advice on how to balance work and other responsibilities, and set priorities
___ Gain knowledge of “dos and don’ts”
___ Learn how to operate in a network of talented peers
___ Other ________________________________

I hope my mentor and I will:
___ Tour my mentor’s workplace/explore various teaching or work sites
___ Go to formal mentoring events together
___ Meet over coffee, lunch, or dinner
___ Go to educational events such as lectures, conferences, talks, or other university events together
___ Go to local, regional, and national professional meetings together
___ Other ________________________________

I hope my mentor and I will discuss:
___ Academic subjects that will benefit my future career
___ Career options and job preparation
___ The realities of the workplace
___ My mentor’s work
___ Technical and related field issues
___ How to network
___ How to manage work and family life
___ Personal dreams and life circumstances
___ Other ________________________________

The things I feel are off limits in my mentoring relationship include:
___ Disclosing our conversations to others
___ Meeting in non-public places
___ Sharing intimate aspects of our lives
___ Meeting behind closed doors
___ Other ________________________________

I hope my mentor will help me with job opportunities by:
___ Opening doors for me to job possibilities
___ Introducing me to people who might be interested in hiring me
___ Helping me practice for job interviews
___ Suggesting potential work contacts for me to pursue on my own
___ Critiquing my resume or curriculum vitae
___ Other ________________________________

The amount of time I can spend with my mentor is likely to be, on average:
1  2  3  4  hours each week/ every other week/ per month (circle one)

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