

# Mentoring Mondays: Tips for Mentees



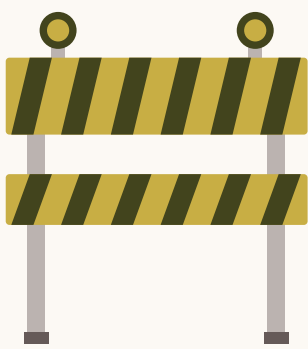
## Understand your goal

What would you like to focus on with your mentor?  
Why is this important to you?  
Be specific.  
Include details.



## Discuss options

What are you doing to achieve your goal?  
What skills might you need to develop?  
How might your goal change as you move towards it?



## Consider obstacles

What challenges are you facing?  
What might get in the way?  
How can you respond?



## Form an action plan

What steps can you take to move forward?  
What are your priorities?  
Timeline?



## Ask questions & process feedback

Your mentor may have suggestions for people, resources, or education that could be useful in reaching your goal



## Remember: career development is an ongoing process!

Come prepared, share your experiences, and actively listen to your mentor's guidance and advice.

