



S.T.E.P. Mentoring Program

Online Training Series

Starting Your Relationship - A Mentee's Perspective

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Connect and Share

It is normal to feel a little nervous as you begin the mentoring process. Understanding your role and responsibilities within your mentoring relationship will better enable you to reach your goals. Here are some tips to get you started on the right track.

Connect and Share

- Share your background and professional interests, such as how you got interested the field, your career goals, where you are from and where you go to school.
- Let your mentor know your preferred contact information as well as your schedule.
- Communicate your goals and work with your mentor to complete your [Mentoring Action Plan](#) [PDF] by **March 19**.

Getting to Know You

Relationships are a two-way street. Take the initiative to ask your mentor questions about their career, interests and preferences. Keep a list of your questions and add to it as the program continues and your relationship develops. Here are a few questions you might want to ask:

Getting to Know You

- Why are you interested in mentoring?
- How did you choose the field?
- Where do you work?
- What is your clinical area of expertise?

Set Ground Rules

A productive mentoring relationship is built on a foundation of mutual trust, respect and understanding. It is important that you and your mentor collaborate with each other to establish rules and expectations from the start. Here are a few rules and tips to help get you started:

Setting Ground Rules

- How will we communicate with each other? Will it be by phone, e-mail, or face-to-face?
- How often will we communicate? (Should be at least once per month and preferably more at the beginning.)
- Who will initiate our conversations?
- What expectations do you have about the way the two of us will communicate (e.g. formally, informally)?
- Review the roles of the mentor and the mentee.



Save the Date - Live Chat Orientation

March 8, 2018 at 8:00pm - 9:00pm ET

Join us for the S.T.E.P. Mentoring Orientation, exclusively for S.T.E.P. mentees and mentors and will include discussion on how to establish the mentoring relationship, what the expectations are for the program, and the value of mentoring goals. Former S.T.E.P. mentees and mentors will serve as knowledge experts.

<https://www.asha.org/Events/live/03-08-2018-STEP-Orientation/>



ST-EP

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