

## Tips for Mentoring Relationships

### Mentors

\* Try to help your mentee learn as much as she can while in the program! Make sure you clearly understand your mentee's goals and talk to her about her interests and future plans.

\* Share information and resources with your student. If possible, set up a visit or shadow you at your workplace if she is interested in your profession or a similar one. Share with her the path you took to your career or share with her how you became interested in your particular field or cause.

\* Help your student to network. Introduce her to other women in your field of work.

### Mentees

\* Clearly define goals before the program begins! As you build a relationship with your mentor, check back to make sure you are making progress on your goals or are equipped with helpful resources should your goals change during the program.

\* Prepare ahead of time for communication with your mentor. Make a list of topics you would like to cover and questions you would like to ask.

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A good leader inspires people to have confidence in the leader, a great leader inspires people to have confidence in themselves. - Eleanor Roosevelt

## Testimonials

"My mentor was an excellent match for me. I also thoroughly enjoyed all of the activities!!!." - mentee

"I know that my favorite part was connecting with a young woman who is involved in a life that is so different from mine." - mentor

"A great program - I'm so happy to participate - I was/am mentored by fabulous women and I appreciate the chance to pay it forward!" - mentor

"I loved having the opportunity to meet with my mentor outside of the program's events. My mentor was very understanding and flexible." - mentee

#### • Applications due:

Monday October 3, 2011.

- The Women's Center Mentoring Program runs from mid Fall Quarter through Spring Quarter.

Thank you for your interest in the Women's Center Mentoring Program!

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Ohio University  
Women's Center

## Mentoring Program



*Connecting Women Across  
and Beyond Campus for  
Support, Leadership, and*



OHIO UNIVERSITY WOMEN'S CENTER

The mission of the Ohio University Women's Center is to act as a catalyst to promote awareness, education and advocacy about women, gender and diversity among faculty, staff and students at Ohio University and surrounding communities.

## STUDENT EXPECTATIONS

Undergraduate students participating in the Women's Center Mentoring Program are expected to:

- Have a clear idea of their goals for the program, and articulate them to their mentor.
- Attend New Mentee Orientation
- Initiate the first contact with their assigned mentor.
- Engage in regular communication with their mentor via e-mail, phone, or face to face contact.
- Commit time and energy to establish a relationship with their mentor and being open to her advice and suggestions.
- Attend Women's Center Mentoring Program events with your mentor, if her time permits.



## PROGRAM INFORMATION

The Women's Center Mentoring Program provides an opportunity for junior and senior female students at Ohio University to connect with a female mentor in their personal and professional fields of interest. The goal of the program is to enrich the student experience at Ohio University, and to pair students with a mentor who can offer guidance and assist them in reaching their personal and professional goals.

In addition to building a mentoring relationship, participating students and mentors will also have the opportunity to attend programs and activities focusing on career and personal development.

Mentors and mentees will decide on the format of their mentoring relationship and the time commitment they wish to make.

Students accepted into the program must commit to being an active part of the mentoring relationship.

**Eligible Mentees:** women who are undergraduate junior or senior students at OU who have clearly-defined or unsure career goals.

**Eligible Mentors:** women who are OU alumnae, current and retired faculty and staff, graduate students and Athens area professionals and activists are eligible to serve as mentors.

Participants can decide to stay in touch following the program's completion.

## MENTOR EXPECTATIONS

Women selected to serve as mentors for the Women's Center Mentoring Program are responsible for:

- Maintaining regular contact with their assigned student via e-mail, phone or face to face.
- Having a positive attitude about their mentoring role and being open and honest when communicating with their student.
- Discussing personal and professional goals with students and working with them to reach those goals.
- Encourage mentees to attend, and perhaps accompany, mentoring events, as well as other events that are appropriate to their personal and professional development.

