**Key Questions for Building Successful Mentoring Relationships**

***Disclaimer:*** *The following questions are designed to help you think about what to ask when identifying or working with a mentor. The answers to these questions can come directly from the mentor, as well as from their colleagues, or their past and present mentees. These questions are meant to guide your exploration of mentorship opportunities and help you establish a strong, productive mentoring relationship.*

| **Category** | | **Question** |
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| ***Choosing***  **a Mentor** | **Mentorship Approach** | What is your mentorship style? |
| How do you typically support your mentees in achieving their professional and personal goals? |
| How do you balance providing guidance with allowing mentees autonomy? |
| **Career Guidance** | Could you share your perspective on my resume and future plans? |
| What steps would you recommend to help me get from point A to point B? |
| What are common pitfalls mentees face when working toward goals like [specific goal]? How do you help them navigate those? |
| **Networking and Expertise** | Do you have previous mentees who have pursued [specific field, program, or career path]? Would you connect me with them? |
| I’m interested in learning more about [specific topic]. Do you know anyone I could connect with? |
| Are there professional organizations, conferences, or networks you recommend? |
| ***Working with***  **a Mentor** | **Defining the Relationship** | How frequently do you like to meet? |
| What are your preferred methods of communication (e.g., email, text, scheduled meetings)? |
| Do you prefer to focus exclusively on professional goals or also discuss personal life goals? |
| **Expanding the Relationship** | Do you have a project I could assist you with currently (in your area of interest – research, education, community outreach, etc.)? |
| What do you think a successful mentoring relationship looks like? |
| **Re-Evaluate** | Can we schedule regular ‘review’ meetings (e.g., every 6 months or yearly) to reflect on progress? |
| How can we identify areas for improvement in our mentoring relationship? |