

## Preparing for the First Mentoring Session – Mentee’s Checklist

As a mentee, you are responsible for preparing the meetings with your mentor.  
Here are some suggestions for you on how to prepare:

- ⚙ In general terms, what do you want from this mentoring experience?
- ⚙ What kind of help do you want at this point? For example:
  - Opening horizons
  - Clarifying personal goal
  - Guidance
  - Sounding board
  - Plan how to achieve goals
- ⚙ What would you like to know about your mentor?
- ⚙ What would you like your mentor to know about you?
- ⚙ What are your strong points? What are your major needs?
- ⚙ What can you offer your mentor (e.g., enthusiasm, challenge, openness)?
- ⚙ What issues would you like to discuss straight away? Which are the most important?
- ⚙ What examples can you use to illustrate those issues?
- ⚙ What do you want to go into the mentoring contract?