



Executive Mentor Program

Frequently Asked Questions (FAQs)

How often do I have to meet with my mentor/mentee?

- Frequency of meetings is up to the individual mentors and mentees. However, it is recommended that matches meet every three to five weeks in the form of a face-to-face, e-mail, or phone meeting.

Where do I meet with my mentor/mentee?

- Mentors and mentees are invited to meet wherever it is convenient and comfortable.

What types of issues or topics are discussed when mentors and mentees meet?

- Some suggested discussion areas include: skill development, career planning advice, giving and receiving feedback on performance, how to deal with problems in an ethical way, action planning, and balancing personal, professional, and academic life. It is to be noted that the mentor is not responsible for finding the mentee an internship or job.

We are both so busy with work, school, and our lives, how will we fit this in?

- It is important to remember that it is not the frequency of the meetings that is important, but the quality of the interaction. It is understandable that with the pressure and responsibilities of our day-to-day lives it is often hard to fit one more thing in. Record your meetings with your mentor or mentee in your calendar and view them as a part of your regular routine. Interaction between a mentor/mentee does not always have to be a lengthy face-to-face meeting. It can happen in short, frequent intervals such as a quick e-mail or phone call.

What if my mentee asks my opinion on matters that are of a personal nature?

- It is recommended that at the start of the mentoring relationship, both parties identify what is and is not appropriate to talk about. Some matches may be comfortable talking about personal issues as they may relate to job performance and others may want to stay clear of personal matters all together. Each mentor/mentee pair should determine the boundaries of their mentoring relationship.

What if we just don't get along?

- It is important to note that either participant has the option to close the match. We highly encourage you to give the relationship a few months to develop.