



UConn Women in Business: Mentor Guidelines

What is the role of a Mentor?

Mentoring is a powerful personal and career development tool that can enable the mentee to achieve or exceed their life's goals and aspirations. The role of a mentor is multi-faceted; may be formal or informal, and may change or evolve as the needs of the mentee change. A mentor can be a role model, coach, sounding board, voice of reason, emotional support, counselor, and a trusted resource. What does a mentor do? Depending upon the mentee's needs a mentor may include:

- Value the mentee as a person
- Develop mutual trust and respect
- Maintain confidentiality
- Shares knowledge and life experiences
- Provides guidance and advice
- Explores different careers
- Discusses goal setting
- Advises on professional development
- Identifies resources
- Helps to develop leadership skills
- Provides insight into corporate culture
- Advises on networking and networking opportunities
- Reviews resume
- Provides interview tips
- May introduce to contacts

We are excited that you all are so willing to share your experiences, both collegiate and professional, with underclassmen to help them put their best foot forward. As an executive board, we believe that when it comes to your mentees, you should format the relationship however you see best (individual meetings, group meetings, etc.). We hope that this experience is beneficial for both you and your mentees and that everyone is able to walk away with a positive experience and a great talking point in future interviews. That being said, please do your best to adhere to the stated guidelines. If there are any further questions

or concerns regarding the mentor position please do not hesitate to reach out to us by email,
UConnWomeninBusiness@gmail.com.