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Description automatically generated**Get started with a Mentor Today!** That’s easy to say, actually doing it, may cause some stress and anxiety. One of the biggest hurdles we hear from students is getting past that mental barrier and taking the leap (actually reaching out and having a meeting with a Mentor). Hopefully we can provide you some quick information here and prepare you for a successful meeting with your future Mentor!

* **Write down what you want to achieve** - these will most likely change over time.
* Go ahead and **take your time finding a mentor**, make sure they are a fit (But don’t be afraid to try a few mentors). Here are a few things to look at when finding a mentor:
  + Industry (current and former)
  + Company (current and former)
  + Location (finding a mentor more local can have a big impact on letters of recommendation)
  + Nationality/Language
  + Experience (as a Mentor)
  + Gender (Most people opt for same-sex mentors [69% women, 82% men] – forbes.com)
  + Shape

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  + Check out their Social Media Profiles
* **Check your ego.** We received constructive criticism all the time from managers, peers, faculty, etc., but a mentor is bringing a more objective perspective. Be prepared to accept criticism from your mentor and try not to get defensive, this is a way to grow!
* **Send your Mentor a quick introductory email.** Just a few sentences should do the trick, let them know you are interested in meeting with them, give them an idea of what you’d like to focus on… Topics of interest, questions you have, etc.
* **Schedule a Meeting** – Find a time that works well for you, don’t put it too close to any other meetings, give yourself some time to prepare and also some time to reflect after the meeting.
* **Have some questions ready ahead of time.** Having a natural flow to a conversation is important, but if going into it you plan to improv and “wing-it”, you could risk building a relationship or showing you are not prepared. A great habit to get into is even sending your questions to your mentor ahead of time. This will keep the meeting on task and gives your mentor an opportunity to prepare.
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  Description automatically generated with medium confidence**Be Giving of yourself** - This is not a one-way street! You have to be willing to give of yourself, whether its your time or your talents. Show that you are interested in their professional work, stay engaged helpful, maybe even volunteer to help them with a project. People are more willing to help us, if we help them first.

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