



Beedie 
LUMINARIES

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MENTORSHIP PROGRAM GUIDELINES

Please make sure to complete your
Mentee profile [here](#).



Mentorship Guidelines for

MENTEES/STUDENTS

Mentoring is a power-free, two-way, mutually beneficial learning situation in which the mentor provides advice, shares knowledge and experiences, and teaches using a low pressure, self-discovery approach.



- We recommend you meet with your Mentor at least once a month. At your first meeting you should request an hour to openly discuss your expectations of the mentoring relationship, including setting some goals.
- Discuss which method of communication will work best for both of you: e-mails, phone calls, video conference, text, in-person, or a hybrid. What day and time will you try to meet/talk each month? If you are meeting in person, we recommend public venues such as a coffee shop, library, etc.
- Please be respectful of your mentor. They volunteer their time for this program and it is important that you honour the fact that they are giving not only of their time, but their advice and experience. Please maintain regular communication.
- For your first meeting, you can use the handy reference sheet on page 7 to help kick-start the conversation.
- Before your meeting, you should create an Agenda or a discussion topic(s) list and share with your Mentor at least 2 days prior. Discuss your priority items at the beginning and any additional items can follow. **It is up to you, as the Mentee, to set the meetings.**

Failure to maintain consistent communication may result in the mentor/mentee relationship to be concluded.*

RELATIONSHIP LAUNCH



INITIAL MEETING & SUGGESTIONS

EDUCATION & CAREER

What are a few highlights from your past in each area?

PERSONAL & SOCIAL LIFE

What obstacles have you encountered in each area?

TRANSITION TO ADULthood

What are the things you are discovering now in each of these areas?

SETTING FUTURE EXPECTATIONS

- How often would you like to touch base?
- What mode of communication is best for you?
- What would make our conversations great for you?
- Are there any topics you know you would like to talk about this year?

FUTURE MEETINGS / CONTINUED EXPLORATION

The following questions are designed to be a guideline only as a starting point for your open discussions and then branch off as you see fit. You can use these questions every meeting or use them as a milestone check-in whatever works best for you! Both Mentee and Mentor can answer these questions. There is an opportunity for both of you to teach each other and grow together as you share your unique life experiences.

EDUCATION & CAREER

- The next stage that I am anticipating in my education/ career is _____
- Something I wish had done better recently is _____
- What is a recent accomplishment that you are proudest of?
- What was the ability you demonstrated in this accomplishment?
- How might that ability be a part of your future education/career?

TRANSITION TO ADULthood

- Something I am avoiding is _____ why _____
- Something I am dealing with that is new for me is _____
- What's the most exciting thing about becoming an adult?
- What's the most daunting thing about adulting today?
- What modification could you make that would create the biggest positive difference in your life right now?

PERSONAL & SOCIAL LIFE

- What are your hopes for the future?
- What are some of your fears about the future?
- A part of my identity that I feel is changing is _____
- An area of life I feel confident in right now is _____
- A question I am asking myself a lot recently is _____
- What about your own thoughts have surprised you the most lately?