

## 10 HABITS FOR EFFECTIVE MENTORING

### 1 MAINTAIN REGULAR CONTACT

Mentors should assume they are the givers in the relationship. Consistent contact models dependability and builds trust. At least weekly contact is recommended, but twice a month is expected.

### 2 ALWAYS BE HONEST

Trust and respect are the foundations on which mentorship is built.

### 3 AVOID BEING JUDGMENTAL

Acceptance without conditions communicates that your concern comes without strings attached.

### 4 AVOID EXCESSIVE GIFT GIVING

Don't do for a student what they could do for themselves. Your greatest gift is to help a person discover their own solutions to the problems.

### 5 DON'T EXPECT TO HAVE ALL THE ANSWERS

Sometimes just listening attentively is all people need.

### 6 HELP YOUR STUDENT ACCESS RESOURCES AND EXPAND SUPPORTIVE NETWORKS

Discuss the importance of maintaining positive relationships.

### 7 BE CLEAR ABOUT YOUR EXPECTATIONS AND YOUR BOUNDARIES

Set up ground rules, and communicate them.

### 8 AVOID BEING OVERWHELMED BY YOUR STUDENT'S PROBLEMS

Remain calm and dispassionate to help students solve problems.

### 9 RESPECT CONFIDENTIALITY

Good friends do.

### 10 IF THE RELATIONSHIP SEEMS TO STALL, HANG IN THERE

Contact programming coordinators if problems or concerns arise.