

A MENTOR'S GUIDE TO MENTORING FOR LIFE AFTER COLLEGE



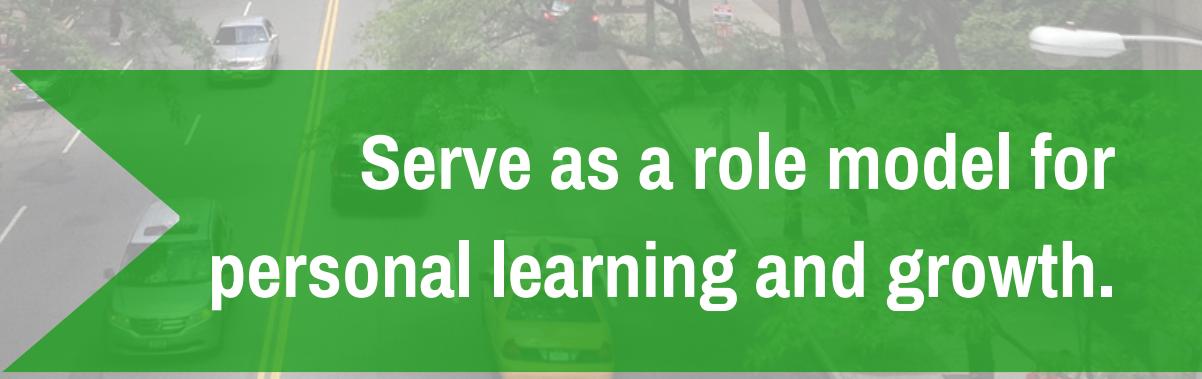
**Build and support
effective relationships.**



**Provide objective guidance
and feedback.**



**Facilitate reflective
thinking.**



**Serve as a role model for
personal learning and growth.**

Build and support effective relationships.



- Share your story and personal experiences, such as: lessons learned as a college senior and young professional, things you wish someone had told you before graduating.
- Seek opportunities to have **intentional conversations** about the student's goals and how you can support his/her progress leading up to graduation and beyond.
- **Create a safe space** for the student to share through building trust and respect, maintaining confidentiality, and accountability. By modeling what a healthy mentoring relationship looks like, you are teaching students how to build effective relationships post-college.

Facilitate reflective thinking.



- Ask **thought-provoking questions** to facilitate learning, such as: how do you want to be different six months from now? or, if you weren't afraid to fail, what would you do post-college?
- Ask **reflective questions** to encourage self-awareness of learning and growth opportunities, such as: what is the biggest lesson you've learned about yourself during your senior year? or, when are you at your best?
- Continue to take advantage of opportunities to have **intentional conversations**. Knowing that graduation is just ahead, engage students around their thoughts, concerns, and questions about the future.

Provide objective guidance and feedback.



- **Focus on the student.** Determine what his/her goals are and how you can help work towards accomplishing those goals. Provide guidance and direction based on your own experiences and knowledge to support the student.
- **Offer thoughtful, objective feedback** on the student's concrete actions and behaviors. What are his/her strengths and areas for improvement and growth?
- **Be a connector to people and resources** to help the student make progress towards his/her goals. Demonstrate the importance of building a network of people and information for the future.

Serve as a role model for personal learning and growth.



- Set **personal goals** for yourself and share your progress towards reaching them. Model that the learning and growth process continues throughout a lifetime.
- Engage in supportive relationships with your own mentor(s). Communicate and demonstrate the importance of building effective relationships throughout college and beyond.
- Seek **feedback and reflect** on what you're learning about yourself with others. You can model for students how to do this as a post-college, working professional.