

# 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.**

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## 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.

## 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.

## 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.

## 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.