

## **Mentor Checklist**

- Share your background and experiences.
- Challenge your mentee to self-assess and create goals focusing on their strengths and needs.
- Be accountable, approachable, and available.
- Check in with mentee between meetings to assess progress.
- Be prepared for each communication session by keeping focus on the mentee's goals.
- Support your mentee by first listening, and then answering questions and providing resources.
- Expand the mentee's professional social network, if possible.
- Encourage skill development
- Facilitate career planning, introducing your mentee to the many roles of a Physical Therapist (clinical, political, administrative, research, teaching)
- Read the "Mentoring Relationships: Starting the Conversation" handout.

## **Mentor Tips**

- Demonstrate Professionalism: High clinical standards, ethics, and participation in professional activities (e.g. continuing education, quality-improvement projects)
- Show respect for and interest in the mentee
- Flexibility is a must; be open to new/different ideas and viewpoints
- Minimize personal bias
- Maintain confidentiality