



MAKING THE MOST OF MENTORING

5 Steps to Building Relationships with Mentors

1. Be confident in who you are.

Know your interests, skills and abilities.

2. Set goals.

Goals allow adults to better understand what you hope to accomplish, why and key areas where they may be able to help.

3. Assess your network and how it can help you.

Mentors can connect you to resources or other helpful adults. What adults are currently in your life who you might ask for help (relatives, teachers, community members, etc.)?

4. Be prepared and take initiative.

People who are prepared, polite and positive are hard to deny. Explain why you chose that person to ask for help and use your goals to ask specifically for what you want.

5. Stay positive and show your gratitude.

Smiling and saying thanks is a great way to make a lasting impression.

"Mentoring is a brain to pick, an ear to listen and a push in the right direction."

- John Crosby

List 3 goals you have for yourself this year.

Who do you know that might help you accomplish your goals?

Practice your ask

"I want to earn a spot on the varsity basketball team this season. I'm hoping that you could help me with conditioning."

"I'm applying for an internship. Can you help me write my resume?"



MentoringPittsburgh.org