

Roles and Tasks of a Mentor

A Mentor Is . . .

A trusted guide or friend

A mentor provides access to people, places, and things outside the mentee's routine environment. This can include access to educational, career, and other campus resources.

A caring, responsible adult

A mentor provides a mentee access to a listening and caring adult whom wants to help the mentee reach their goals.

A positive role model

A mentor should always model appropriate behavior.

Key Qualities of a Good Mentor

- Good listener
- Persistent
- Committed
- Patient

A Mentor Is Not . . .

A parent or legal guardian

The role of a parent or legal guardian (governed by law) is to provide food, shelter and clothing. It is not the mentor's role to fulfill these responsibilities.

A social worker

A social worker is a licensed professional with the necessary skills and training to assist in family issues.

A psychologist

A psychologist is a licensed professional trained to assist individuals with mental and behavioral issues.

Mentors must understand that they can't be all things to their mentees, especially things that require years of professional training. It is, however, appropriate for a mentor to act as a guide and show the mentee how to access the professional services and resources he or she needs.

Important Tasks of a Mentor

Establish a positive relationship with your mentee

This can involve establishing trust and respect with your mentee, and maintaining regular interaction and consistent support.

Adapted from the Mass Mentoring Partnership, *Mentoring 101 Train the Trainer Curriculum*.

Help your mentee develop academic and life skills

This can involve working with your mentee to set and reach personal, educational, and career goals, and helping establish time-management, study, and communication skills.

Assist your mentee connect with campus resources

This can include helping your mentee become familiar with the Career Center, the Writing Center, the Quantitative Skills Center, the Library, Counseling Services, and other resources on campus.

Be a source of support and guidance

One of, if not the, most important things you can do as a mentor is to be there for your mentee. This sounds simple enough, but it can encompass any number of things. Being prepared is key.