

IOWA ACTIVITIES DIRECTOR MENTOR LEADERSHIP

Mentee Best Practices

1. **Know what you want** – Be clear about your goals and what you hope to learn.
2. **Be open-minded** – Stay open to new perspectives.
3. **Take initiative** – Drive the relationship.
4. **Show up prepared** – Arrive at meetings with questions, updates, and topics to discuss.
5. **Be honest** – Share your challenges, concerns, and goals truthfully.
6. **Listen actively** – Pay attention to suggestions.
7. **Ask questions** – Seek details and clarification.
8. **Take responsibility** – Own your growth. What you put in is what you get out.
9. **Stay committed** – *“Commitment is staying true to what you said you would do long after the mood that you said it in has left.” (Inky Johnson)*
10. **Be respectful** – Value your mentor’s time and experience.
11. **Be curious** – Explore new ideas, tools, suggested paths and strategies.
12. **Stay open to feedback** – Use suggestions to grow.
13. **Reflect often** – Think about what you are learning and your development.
14. **Be patient** – Progress takes time; trust the process.
15. **Stay professional** – Communicate clearly, honestly, and honorably.
16. **Build a connection** – Develop a relationship with your mentor.
17. **Keep learning** – Keep reading, exploring, and expanding your knowledge.

18. Share your wins – Let your mentor know when things go well.

19. Say thank you – Show appreciation for their time and support.

20. Pay it forward – Share what you learn and help others when you have the opportunity.
