Transparent about needs and goals

Respectful of time

Prepared for meetings (agenda)

An active listener

Takes charge of own learning

Qualities of a Good Mentee





Ability to see the bigger picture

Keeps things in perspective

Tough but encouraging

Sets/ensures realistic timelines

Well-connected → Sponsorship

Keeps in mind mentee's personal

well being

Active listener

A Successful Mentoring Relationship

Reciprocity

Mutual respect

Clear expectations

Outlined at the onset

Revisited over time

Personal connection

Shared values

Research, clinical & personal life

