

Definition of a Mentor

What is a mentor?

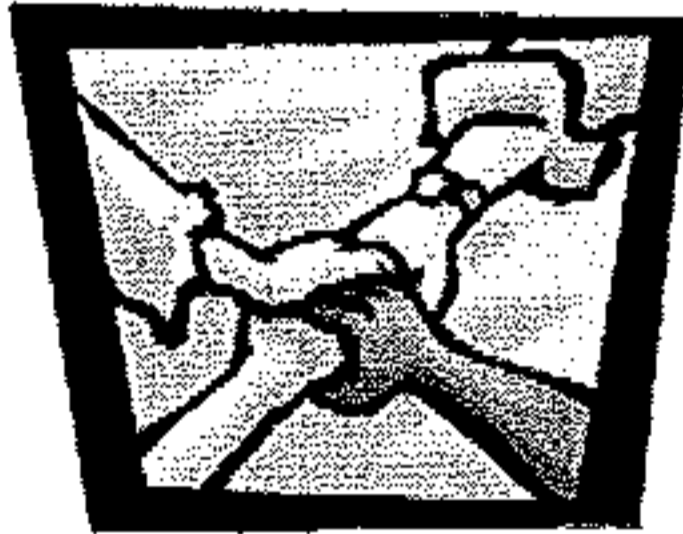
Teacher – share your knowledge and experience.

Problem solver – refer mentees to resources and offer options.

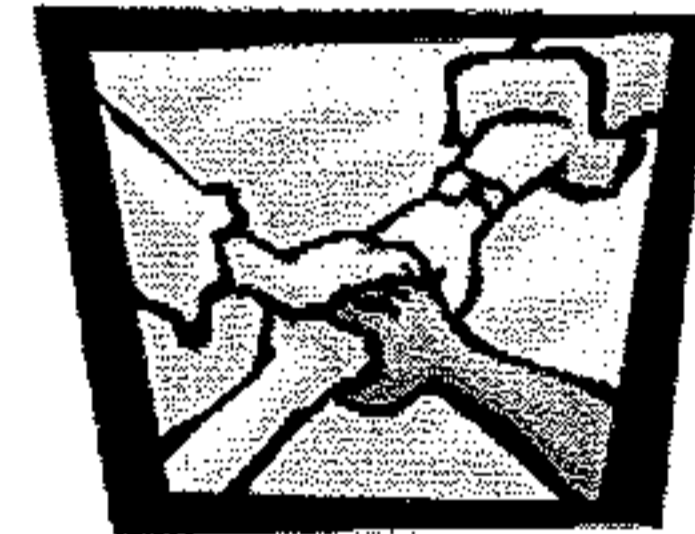
Motivator – when mentee is facing a challenging class, encourage and support them.

Coach – help mentee to overcome performance difficulties through positive feedback (reinforce behavior) and constructive feedback (change behavior).

Guide – help mentee to set reasonable goals. “SMART” goal setting: **S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**ime-Framed



*A wise and trusted
counselor or teacher.*



Mentors are someone who takes you under their wing and provides advice to help you move your career in the right direction.

~~A helping hand~*~*

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

-John C. Crosby