Maintain Professional Communication:

- Be appropriate and professional in your communications with your Mentor. These conversations can help you build your professional brand.

Take Initiative:

- Remember the platform is based on student-initiated communications, so it is up to you to reach out to Mentors, set goals for yourself, and draft meeting agendas. Don't be hesitant in reaching out to your Mentor, they are eager and willing to help!

Agree on Confidentiality

- Establishing a baseline for confidentiality on what will and not be shared is vital in building trust and a space where your mentee will feel comfortable asking questions, being vulnerable, and establishing rapport.

Follow Up:

- Ensure you are following up with your Mentor in a timely manner. The quality and depth that Mentees leave a mentoring connection with is directly based on the effort they put into the mentoring connection, so set reminders to check in and follow up.

Build your Professional Network:

- Connect with your Mentor on other platforms such as LinkedIn. Utilize your Mentor's network to build your own and stay in touch to continue building your professional relationship.

Show Appreciation:

- Always follow up after a conversation with your Mentor to express appreciation for their time and guidance, restate agreed upon tasks you both will complete and restate your next scheduled meeting time!