

# A guide for mentees

Connecting with a career mentor is an exciting opportunity! To support mentees like you as you participate in career conversations, LinkedIn has partnered with MENTOR to offer advice, top tips, and additional resources, so you can get the most out of these conversations.



## Preparation is key

It's important to do a little preparation before participating in a career conversation with your professional mentor. Start by reviewing the professional background and experience of your mentor using LinkedIn to identify any experiences and interests you might share. Then, consider spending some time reflecting on the following.

### ✓ What are your career interests?

Make a list of the careers that you are most interested in learning about and why. Check out the [Occupational Outlook Handbook](#) which is full of career information, including key responsibilities, required training and education, pay information, and more.

### ✓ What are your strengths and top skills?

Think about what you are really good at, what comes naturally to you, and the things that you enjoy doing. When considering career pathways, it's important to align your strengths and skills to career opportunities.

### ✓ What are your goals?

Think about the goals that you would like to achieve over the next 6-12 months, as well as longer-term goals that you are aiming to achieve over the next 5-10 years. Write these goals down and consider possible career pathways that align with them. Reflect on why you have set these goals.

### ✓ What are you curious about?

The life experiences of mentors can teach us valuable lessons. Before meeting with a career mentor, make a list of questions to help guide your discussion. To get you started, [here is a list of questions to consider](#).



## Tips for a successful mentoring conversation

Mentoring conversations can feel uncomfortable at first, particularly at the start of a new mentor-mentee relationship. Don't worry! This awkwardness will likely fade over time, and there are steps you can take to help the conversation flow more easily:



### 1 Be collaborative

Mentors should ask great questions, actively listen to get to know you, work to understand your goals, and help you discover and leverage your strengths. By working together with your mentor — and being candid about your professional goals, current progress, and needs — you can have a productive, meaningful career conversation.

### 2 Balance talking and listening

Share your life experiences and perspectives with your career mentor, and ask them about their life experiences and perspectives. Brainstorm career options with them and reflect on the pros and cons of each option. Be fully present in the discussion, avoid distractions, and be open to answering questions.

### 3 Be solution-oriented

When meeting with a career mentor, it's important to adopt a solution-based mindset. Focus on developing strategies to achieve your career goals, and remember that there are always multiple ways to achieve a goal — a career mentor can help you think outside of the box.

### 4 Be transparent

Share what you need and want in pursuit of your career goals. Your mentor can often help by introducing you to others for informational interviews, arranging job shadowing experiences, or brainstorming specific actions that you can take to achieve your goals.

