

# Find a Mentor

A mentor is a person who helps guide, support and advise you in your life journey. Whether you realize it or not, you have most likely had a number of influential mentors. To help you reflect on the mentors you have had as well as those you would like to have in the future, fill in your information on this complete this mentor map.

If you could spend the day learning from someone living or dead, who would it be?

Who has encouraged and supported you as a child, teen or adult?

Who has the kind of professional style and attributes you would like to emulate?

Who could help you find out more about what it takes to be a successful student?

Who would you like to have as a career mentor?

What Professional Associations could help you find the kind of mentor you seek?

Work with a couple of other students and list the positive behaviors that would make a mentoring relationship successful.

**MENTOR** →

← **MENTEE**