

# 7 Ways You Can Support Your Mentee



## **BUILD TRUST**

Consider sharing your experiences, successes, and failures as a simple way to grow trust between you and your mentee. Attending professional activities together, such as an academic talk, can also help build a more trusting relationship.



## **STAY IN TOUCH**

Keeping in regular contact with your mentee will help develop your mentoring relationship. Even a quick message like “I haven’t heard from you lately, how are things?” may help bridge a gap in communication.



## **FIND COMMON GROUND**

Ask your mentee what kinds of activities they enjoy. Maybe there is a book or podcast that you can enjoy together or a day of the week you can meet in Plaza of the Americas and catch up over Krishna lunch.



## **BE MINDFUL OF THEIR SCHEDULE**

Adjusting to college is difficult and stressful for any freshman. Exams and projects may increase the stress and anxiety of your mentee. In your conversations ask them when big tests and assignments are due so that you can send messages of encouragement on the days leading up to it.



## **GET TO KNOW WHAT EXCITES THEM**

Ask your mentee about their dreams and aspirations. This can be a great tool when your mentee is unsure of what to do during their time at UF. Listen to what they hope for and help them envision ways to achieve those goals.



## **CELEBRATE YOUR MENTEE’S ACHIEVEMENTS**

Mentees often reach out to a mentor to help them with tough situations. As a result, many mentorship conversations revolve around the negatives in their life. Make sure you take the time to highlight and celebrate your mentee’s achievements! This helps build your mentee’s confidence, reinforces good behavior, and keeps them focused and motivated.



## **VISIT [UFL.TO/KOGNITO](https://ufl.to/kognito) TO GROW YOUR EMOTIONAL INTELLIGENCE**

For some, academic and professional life can be very stressful. We encourage you to take Kognito, a free online training offered by UF, to help you grow your emotional intelligence and become more aware of signs and symptoms of emotional and mental distress in your mentee. You can start taking the course by visiting [ufl.to/kognito](https://ufl.to/kognito) and following the instructions on the page to create your account.

Mentors are not intended to serve as mental health or legal professionals. If at any time the mentoring relationship is extending beyond what you are comfortable with, please feel free to contact the Counseling and Wellness Center at 352-392-1575 and ask for a consultation.