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# Do's & Don'ts of Mentoring

## Guidelines for Do's & Don'ts



### DO

- Do work for gradual progress, not “F” to “A”.
- Do take time to establish a rapport.
- Do focus on one area, subject, or problem at a time.
- Do be aware of limitations. You cannot change the mentee’s home situation.
- Do remember that everyone has strengths.
- Do be aware that the mentee’s value system may be different from yours.
- Do report any harmful behavior.
- Do be aware and understanding of cultural differences.
- Do remember that listening is the supreme act of caring.
- Do realize that you may not be able to affect change. Ultimately, the responsibility for change lies within the mentee.
- Do be a positive role model.
- Do help the mentee set goals.
- Do reinforce the student’s success.
- Do keep meetings confidential.
- ***Listen, be supportive, and have patience.***

### DON'T

- Don't be judgmental.
- Don't be another parent or teacher.
- Don't forget your own adolescence.
- Don't be discouraged if your mentee's progress does not meet your expectations.
- Don't feel awkward with silences. Use this time to think and make choices.
- Don't take ownership of the problem. The problem belongs to the mentee.
- Don't wait for the mentee to initiate conversation or suggest activities.
- Don't become overly involved. Decide in advance how much time you would like to give your mentee. Beware of your boundaries.
- Don't be discouraged if your mentee gets worse before they get better. They may be testing you.
- Don't feel like you have to know all the answers.
- Don't expect quick changes in attitudes or academics.
- Don't forget to enjoy yourself and have fun!