

MENTEE/MENTOR FIRST MEETING CHECKLIST



This checklist is to be reviewed together and answered by both parties.

- What draws you to work in Behavioral Health?

- What is a professional development goal achievable during this internship/mentorship experience (set of topics to explore, observations to experience, specific skill to develop, etc.)?

- How often should we meet?

- What do you need from me? How can I help contribute to or enrich this experience?

- What's a strength that you bring into a workplace?

- How do you best hear, take in, and integrate feedback?

- What's your ideal breakfast?

- What other questions do you have?

