



## How can the True Owl Mentor Program assist me?

**Purpose:** Utilize this resource to evaluate your needs, interests, and goals. Discover how having a mentor can support you on your professional journey at Kennesaw State University.

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### 1. Identify Your Goals

- **Career Goals:**
  - What are your short-term and long-term career objectives?
  - What achievements are you aiming for in your professional life?
- **Personal Development Goals:**
  - Are there specific skills or personal attributes you want to enhance?

### 2. Assess Your Current Challenges

- **Professional Challenges:**
  - What obstacles or difficulties are you encountering in your current role or career path?
- **Skills Gaps:**
  - Are there areas where you feel you lack expertise or experience?

### 3. Determine the Support You Need

- **Guidance:**
  - What type of guidance are you seeking from a mentor (e.g., career advice, skill development, industry insights)?
- **Resources:**
  - Are there specific resources or connections you need help accessing?

### 4. Define Your Expectations

- **Mentor's Role:**
  - What role do you envision your mentor playing in your development (e.g., advisor, coach, connector)?
- **Meeting Structure:**
  - How often do you expect to meet, and what should each meeting focus on?

### 5. Explore Potential Benefits

- **Knowledge Transfer:**
  - How can the mentor's experience and knowledge benefit your career growth?
- **Networking:**
  - How can the mentor's professional network help you advance in your field?



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### 6. Set Actionable Goals

- **Immediate Actions:**
  - What are the immediate steps you want to take with your mentor's support?
- **Long-Term Objectives:**
  - What long-term outcomes do you hope to achieve through this mentorship?

### 7. Plan for Regular Check-Ins

- **Progress Reviews:**
  - How will you track and review progress towards your goals?
- **Feedback Mechanisms:**
  - How will you provide and receive feedback during the mentorship?

### 8. Reflect on Your Needs and Preferences

- **Preferred Communication Style:**
  - What is your preferred method of communication with your mentor (e.g., in-person, email, phone)?
- **Learning Style:**
  - What is your preferred learning style (e.g., hands-on, theoretical, guided practice)?

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### Action Steps:

1. **Reflect on the Questions:** Use the questions above to reflect on your needs, goals, and expectations.
2. **Document Your Insights:** Write down your responses to each section to guide your discussions with your mentor.
3. **Communicate with Your Mentor:** Share your reflections and expectations with your mentor to align your mentorship goals.

By understanding and articulating how a mentor can support you, you can maximize the benefits of the mentoring relationship and achieve your professional goals.