# MENTORING CONVERSATION STARTERS

**TO SUPPORT THE BEGINNING, MIDDLE,**

**AND END OF THE RELATIONSHIP[[1]](#footnote-1)**

## Beginning

* What I wish you knew about me is that… or What do you wish your (mentor/protégé) knew about you?[[2]](#footnote-2)
* My top three items in each category of ‘must have’ and ‘can’t stand’ are… (Lunsford & Baker 2015).
* I tend to: (be on time, procrastinate), (prefer face-to-face meetings, communicate well through email).
* My motivation for participating in this mentoring program is…

## Middle

* At the end of our relationship I hope we have…
* In two years I hope to look back on this relationship and be grateful that…
* What I most need help with is…
* The way I expect to be different after meeting with you is…

## End

* Mentor: I hope you will stop by from time to time or give me an email update if you change jobs, graduate, etc.
* Protégé: May I send you an update from time to time?
1. Adapted from “Workshop: Starting and Supporting Effective Mentoring Programs” by Laura Gail Lunsford, PhD, *Mentoring Institute*, (October 2016) [↑](#footnote-ref-1)
2. Adapted from <http://www.washingtonpost.com/blogs/answer-sheet/wp/2015/04/17/i-wish-my-teacher-knew-poignant-notes-from-students/> [↑](#footnote-ref-2)