How to Get the Most Out of Mentorship

1.) SHARE YOUR GOALS
Talk to your mentor about your goals - for the mentorship, for your time at SU and beyond! Knowing what you are aiming for will help them to provide support and resources that can help you get the most out of your time here.

2.) BE CURIOUS
Don’t be afraid to ask questions – even if your mentor doesn’t know the answer, chances are they’ll know where to find it! Step outside of your comfort zone and use the time with your mentor to explore areas that you might have questions about.

3.) COMMUNICATE!
Figure out the best form of communication with your mentor early – texting, email, phone call, etc. Take initiative and contact your mentor first, rather than waiting for them to reach out, and do your best to respond promptly.

4.) BE AUTHENTIC
As much as you feel comfortable, share yourself! Don’t feel like you have talk about certain things or be a certain way with your mentor – they’re excited to get to know you for who you are.

5.) ENGAGE FULLY
Sometimes meeting with staff or faculty can feel strangely formal – Don’t let the staff/faculty barrier prevent you from engaging with your mentor. You can of course discuss academically motivated topics with your mentor but don’t feel limited to these in your interactions. Your mentor is excited to talk about whatever you’re up to or thinking about!

6.) SHOW UP!
To get the most out of your mentorship, make time to meet with your mentor. Choose a date and time and stick to it. Be present with your mentor by staying off your phone and thinking about what you might want to discuss in advance of your meeting.
RESOURCES

THE OUTREACH CENTER
The Outreach Center is a space for members of the Seattle University community who identify as first-generation college students and student veterans.
STCN 110
eSUoutreach
seattleu.edu/outreachcenter

THE COLLEGIUM PROGRAM
The Collegium Program supports the day-to-day needs of commuter and transfer students.
- The Commuter Link
- Reidy Collegium
- McGoldrick Collegium
- eSUcollegium
- tinyurl.com/SUcollegium

LEARNING ASSISTANCE PROGRAMS
Learning Assistance Programs supports students in their ongoing growth and development as learners, offering a variety of resources including individual consultations, peer tutoring & facilitated study groups.
Lemieux Library, 2nd Floor
206-398-4450

WELLNESS & HEALTH PROMOTION
The Office of Wellness & Health Promotion provides education and resources related to physical, mental and emotion wellness at Seattle U through events, screenings, individual consultations, and more.
STCN 380
wellness@seattleu.edu
www.seattleu.edu/wellness/

CENTER FOR STUDENT INVOLVEMENT
CSI is dedicated to empowering SU students to explore leadership and contribute to the campus community. CSI supports clubs, events on campus, student government and leadership opportunities.
STCN 350 & 360
seattleu.edu/connectsu

STUDENT FINANCIAL SERVICES
Student Financial Services can providing assistance regarding tuition, financial aid, paychecks for on campus jobs and more. You can visit their website, call, email or visit in person.
Redhawk Resource Center
in Vi Hilbert Hall (2nd floor)
financialservices@seattleu.edu
206-220-8020

QUESTIONS?
Ask your mentor about their experiences with these resources!

WANT MORE?
These are just a few of the resources that are available on campus to students. Be sure to talk to your mentor about other opportunities to get involved or seek support.