



## Mentor/Mentee 101: Managing a Relationship

Have you been assigned a mentor/mentee yet? If so, start bonding NOW. This will enable you to maximize your potential by learning from others and developing skills that will improve your performance and help you become the person YOU want to be. Here are five tips that will help you be a better mentee:

1. ASK QUESTIONS
2. BE OPEN TO ADVICE
3. LOOK FOR OPPORTUNITIES
4. PARTICIPATE
5. BE COMMITTED

Mentoring provides an opportunity to contribute to a mentee's growth, as well as his or hers career choices. In order to be a successful mentor, you must have the desire to help others in a way that will benefit them as a person. Here are five tips to help you be a better mentor:

1. ESTABLISH THE RELATIONSHIP
2. BE A FRIEND
3. MANAGE EXPECTATIONS
4. COMMUNICATE
5. CHECK-IN

Starting a relationship is just the beginning; being able to maintain it is the challenge. A relationship between two people consists of trust, empathy and encouragement. Both must partake in putting forth effort to stabilize the relationship. The mentor and mentee must set goals that they can achieve together so that the relationship can continue to grow.

**"TELL ME AND I FORGET, TEACH ME AND  
I MAY REMEMBER, INVOLVE ME AND I LEARN".**  
- BENJAMIN FRANKLIN



## October Fuse Challenge

Kingston is full of not-for-profit organizations whose benefit the community. Find five local not-for-profit organizations and do a short write up on their values and how they benefit the community.

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## What's On Your Agenda?

### October 1st & 2nd: World Business Forum

Listen to and interact with the most renowned business experts who will share their ideas and insights.

### October 17th: Chamber Open House

Looking for opportunities to network? Come join your classmates at the Chamber of Commerce Open House.

### October 23th: Next FUSE Meeting

"How to Survive First Year" hosted by Tim Frost and Jessica Findlay.

St. Lawrence  
College



**FIRST YOU  
DREAM IT  
THEN YOU  
LIVE IT**