**Week 1: The Start of your mentoring**

A **BIG** part of what makes a mentorship successful is regular and open communication and getting to know the Mentee/Mentor.

When you meet with Your mentee for the first time, be sure to discuss:

* Your preferred way to communicate, e.g., Video chat (Skype, Facetime, Hangout, Zoom...), Phone, Text, Email, GroupMe, or a combination of these.
* How often you’d like to connect (we recommend at least once per week).
* Your expectations about responsiveness.  Don't forget to let your mentee know when you may not be responsive (e.g., vacation, exams, or work deadline).

Plus, the first time you meet with your Mentee/Mentor don’t forget to introduce yourself, share the information that you are comfortable with about your family and your journey in STEM, what led you to be where you are? what were your initial goals? what are you curios about the journey of your Mentor?

**Book your meetings on your calendars now!**

**Ready to learn?** [Click on Why the Power of Mentoring can Change the World](https://www.youtube.com/watch?v=u4kTlK5mUHc) to learn more about the importance of mentoring.

Additional resources on successful communications:

* [The Heart of the Mentoring Relationship (AAHA)](https://www.aaha.org/aaha-guidelines/mentoring-configuration/mentor-and-mentee-roles-and-responsibilities/)
* [Six Questions to Maximize Your First Mentoring Conversation](https://www.micromentor.org/blog/questions-maximize-first-mentoring-conversation/) (MicroMentor)

Resources on how to be an effective mentor:

* [How to Be a Career-Changing Mentor - 25 Tips From The Best Mentors We Know (First Round Review)](https://firstround.com/review/how-to-be-a-career-changing-mentor-25-tips-from-the-best-mentors-we-know/)
* [4 Ways to Become a Better Mentor (Business News Daily)](https://www.businessnewsdaily.com/3504-how-to-mentor.html)