Mentor Checklist
☐ Share your background and experiences.
☐ Challenge your mentee to self-assess and create goals focusing on their strengths and needs.
☐ Be accountable, approachable, and available.
☐ Check in with mentee between meetings to assess progress.
☐ Be prepared for each communication session by keeping focus on the mentee’s goals.
☐ Support your mentee by first listening, and then answering questions and providing resources.
☐ Expand the mentee’s professional social network, if possible.
☐ Encourage skill development
☐ Facilitate career planning, introducing your mentee to the many roles of a Physical Therapist (clinical, political, administrative, research, teaching)
☐ Read the “Mentoring Relationships: Starting the Conversation” handout.

Mentor Tips
☐ Demonstrate Professionalism: High clinical standards, ethics, and participation in professional activities (e.g. continuing education, quality-improvement projects)
☐ Show respect for and interest in the mentee
☐ Flexibility is a must; be open to new/different ideas and viewpoints
☐ Minimize personal bias
☐ Maintain confidentiality