



Australasian Society of Clinical and Experimental Pharmacologists and Toxicologists

Mentee Developmental Goals

Establishing any new relationship is challenging and it may be hard to start things off. It is important to remember that there is no right or wrong way to conduct your mentoring relationship. The formal mentoring partnership is expected to last for approximately nine months. The most successful relationships take the time to:

- establish objectives
- determine both your preferences in the way you want to meet eg over coffee, Skype, telephone or email
- determine the length of time of each meeting and how regular your meetings will be eg 1 hour each month

It is also important to discuss regularly how you are both feeling about the arrangement i.e. whether expectations are being met. As a mentee, it is important you clarify your objectives and expectations of your mentor relationship.

Please complete the following prior to your first meeting and have it ready to discuss with your mentor.

1. What are my reasons for getting involved in this Mentoring Program?

2. What do I wish to achieve from my participation?
 - Short-term:

 - Long-term:

3. How will I know I have achieved my goals for this Mentoring Program?

4. What am I looking for in a Mentor?

5. On what topics/issues/goals do I wish to focus?

**ASCEPT is the professional and independent society in Australia and New Zealand
with expertise in the use and toxicity of medicines and chemicals**

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