

Elizabeth J. Somers Women's Leadership Mentorship Program

The goal of this program is to ensure the legacy of women's leadership and women's education by linking GW alumnae and alumnae of the Mount Vernon College with students in the Women's Leadership program. Below are guidelines and considerations for those who are thinking about becoming mentors.

Minimum Guidelines:

- The commitment is for one school year.
- This is a professional mentorship/relationship. The mentor assists the student in networking and career opportunities, and provides general advice and counsel.
- The mentee is responsible for (1) setting up regular check-ins (a check-in or meeting once every month or two is suggested); and (2) working with the mentor to establish one to three goal/s for the year.

Characteristics of Successful Mentoring Relationships

As a mentor it's very important to be an active listener. Other skills and strengths needed include:

- Ability to be engaging and ask questions
- Provide encouragement
- Inspire and motivate your mentee
- Establish clear rules and expectations
- Fill the role of coach and teacher and be a role model
- Maintain confidentiality
- Demonstrate genuine interest
- Build trust

Things to Think About: Setting Goals and Getting Clarity on Communications

- How are we going to communicate and how often?
- What goal/s do you have for the year, what does success look like, and how can the mentor be most helpful? (Write the goal/s down.)
- If the mentee is pursuing an internship and/or job, brainstorm possibilities and how the mentor can help.
- Informal contact is encouraged (i.e. "I found this interesting article and I thought of you").
- When will I next hear from you? Schedule the date and time.

For additional information on the EJS WLP Mentoring Program email mvementoring@gwu.edu.