

**Working one-on-one, mentors and mentees will set meaningful goals, track progress and build lasting professional relationships. The mentor program includes regular check-ins, resource sharing, and opportunities for both mentors and mentees to grow together while strengthening Shocker Nation.**

## MENTORSHIP CHECKLIST

- Review Training Packet (Mentor + Mentee) **(Month 1)**
- Virtual Introduction Meeting + Goal Setting **(Month 1)**
- Goal Progress check-in **(Month 2)**
- Goal Progress check-in **(Month 3)**
- Final Meeting – Resource Sharing **(Month 4)**
- Mentorship Survey **(Month 4)**

## GETTING STARTED

Mentor to schedule first meeting date with mentee via Shocker Central or shared contact information.

### ➔ Meeting 1: Virtual Introduction Meeting + Goal Setting

Meet in-person or virtually, whichever works best for your location. Use this initial meeting to get acquainted with each other and begin establishing goals for your mentorship journey.

### ➔ Meeting 2 + 3: Goal Progress Check-In

You'll have two scheduled check-ins throughout the mentorship program. Use these meetings to discuss progress toward your goals and address any questions that have come up since your last conversation.

### ➔ Meeting 4: Final Meeting – Resource Sharing

This is your concluding meeting as part of the formal mentorship program. Take this time to review accomplished goals, share final advice, and exchange contact information for staying connected. Remember, the end of the formal program doesn't mean your mentorship has to end—you're welcome to continue the relationship independently or re-enroll in the program through Shocker Central.

## WRAPPING UP

### ➔ Mentorship Survey

To complete the mentorship program, you will be asked to share your experience and suggest improvements via survey. Survey submission is required to receive credit for participation in the program.

**For more information or questions, please contact [wsu.alumni@wichita.edu](mailto:wsu.alumni@wichita.edu).**

