2.3 Lucien's Principles: Things Every Mentee Should Know

1. Learning is a lifetime occupation. Even top athletes continue to have coaches.
2. Negotiation is better than confrontation.
3. Competition is good, but cooperation is better. Working individually is good, but working as part of a team is better.
4. Always share the glory. Always!
5. Attitude counts as much as performance. People may forget who won or who lost, but they never forget how you treated them.
6. Reputation counts. Teaming up with losers makes you a loser.
7. If you want good answers, you have to ask good questions.
8. Having goals is good, but goals without purpose are meaningless. Goals tell you what. Purpose tells you why.
9. You always have a choice, but every decision has consequences.

Potential Pitfalls of the Mentor/Mentee Relationship:
1. All advice, even that of a mentor, should be considered carefully before being followed. Each person has a different style. What works for your mentor may not work for you.
2. If problems or conflicts arise with your mentor, discuss this with your mentor. If this doesn't help, you may want to consider changing to a new mentor. Discuss this with your mentor coordinator. PLEASE CONTACT: Linda Macera-DiClemente or Connie Smith
3. Be wary of becoming too dependent on your mentor to the extent that it robs you of the capacity to act on your own.
4. Avoid becoming overly associated with a mentor. You could be stranded if that person leaves or has a problem of his or her own. Also, you lose your network as a result.
5. Don't become *self-intimidated* by a high-ranking mentor. Continue to focus on your development and the opportunity to learn from someone who has *made it*.
6. Focus on your learning goals. Don't make the mistake of surrendering the opportunity to learn by putting the mentor in charge.
7. Don't let the relationship drift. Take the initiative to keep it going and to keep it energized.

Adapted from:
The Art of Mentoring by Shirley Peddy, PhD

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