



Tips for a Successful Mentorship

- Introduce yourselves and your backgrounds
- Complete the Mentor/Mentee contract with an open and honest discussion
- Establish expectations during your first conversation and maintain them throughout the mentorship
- Discuss the structure of your meetings including length, frequency, and mode of communication
- Establish how the mentee learns best and the mentor teaching style
- The mentee is encouraged to follow up with a summary e-mail of topics discussed during the meeting and tasks to complete by the next meeting.
- Remember that mentoring is a 2-way street! Open communication is needed from both the mentor and mentee
- Utilize APTA resources for career advancement (<https://www.apta.org/your-career/career-advancement>)
- Get involved with the APTA Academy of Oncologic Physical Therapy (<https://oncologypt.org>)