

Guidance for Mentors and Mentees

What is mentoring?⁰¹

Mentoring is a highly valuable development activity. At the core of the activity is the relationship between the mentor and mentee, where the development of the mentee is the key focus. SEPnet (South East Physics Network) strongly supports the value of mentoring and aims to create mentoring opportunities for physics students

The development needs satisfied through the relationship can vary in focus and should be determined by the mentee. The mentee must lead in identifying issues and, with guidance from the mentor, resolving them. The mentor is not there to provide 'the answers', but to guide the mentee towards 'the answer' that is right for them.