



Would you like to be a mentor?

There are few real opportunities in life that allow you to have such a large positive influence on another individual's life as that of becoming a mentor. Being a professional mentor to students can help them find their way to a balanced and productive future with high ethical and professional standards...and have fun in the process. Of course the rewards of such a commitment are not just to the student. Mentors will tell you time and again how meaningful and fulfilling this role has been to them. If you are interested, here is what you need to know.

Time Commitment

Depending on the plans of your organizers you should be available for about three formal meetings per year. Typically the organizational meeting is the most important date for you to be available. Check to make sure you are available for this. If there is a conflict, check with the organizers to see if there is a way to work around it. The dates of the second and third meetings are usually coordinated by you, the mentor. In addition, your group may wish to meet at additional times such as a visit to your office or perhaps just a social get together at your home.

You should be available at other times for students who seek your counsel, advice, or encouragement. Typically the students will not be contacting you but, just in case, they should have a way to contact you easily if they need to.



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Financial Commitment

The organizers may ask you for an initial amount to provide snacks and soft drinks for the organizational meeting. There is no need for this to be excessive...the purpose is contact, interaction, and relationship building rather than social entertainment. There may also be some funds available from your local International College chapter or from other sponsoring organizations. These should be explored by the organizers.

Personal Commitment

“Mentoring is not about you.”

These are the words of Tony Dungy, former head coach of the Indianapolis Colts, and author of the bestselling book *The Mentor Leader*.

Mentoring a student requires attentive listening and understanding of the concerns, and interests, and dilemmas of the student. It should not be about you telling “war stories” about yourself. Your challenge is to engage them in conversation that allows them to do most of the talking, and is non-critical nor demeaning of others. This is not easy to do but can sometimes be facilitated by carefully worded questions directed to the student. Then listen.

Interested in exploring this further?



Contact: _____

Phone: _____

e-mail: _____

USA Section
www.usa-icd.org

International College of Dentists

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