



BOUNDARIES

In our expectations document we outline the expectations of a mentor and mentee within the program. This resource is to assist mentors and mentees as they begin to establish healthy boundaries with their mentees. Please take the time to cover these bases with each other in your next session.

Both:

- Talk about your responsibilities, what you can and cannot do.
- Agree on frequency, duration, and intervals of meetings/communications and how this will occur.
- Beyond agreeing to confidentiality, discuss what confidentiality means to each of you in various scenarios.

Mentors:

- What kind of access does the mentee have to you? What is the limit?
- Does being a mentor mean the mentee has unlimited access to you for the duration of the relationship?
- Does communicating require an appointment?
- What platform you will be communicating on – Microsoft Team, Student Webmail and/or Text/Call?

If mentors are unsure of what they are expected to do, they can refer to the expectation document which highlights the areas that they are responsible within the mentor/mentee relationship.

Mentees:

- Avoid unhealthy dependence. For example, mentors are not expected to have definitive answers or be available 24/7.
- Consider "what would I do if..." in assessing your own boundaries.
- Prioritize how you wish to best utilize your mentor's time and expertise.
- Know there are additional resources out there for you! See below.

Everyone has different boundaries, from the degree to which one is comfortable with physical proximity, to talking about personal and confidential issues, to the amount of time one wants to spend with a mentor or mentee. Taking the time to talk frankly about what each of you expect to give and take in terms of time, will set the premises of relationship.

