OUR MISSION
Tuesday’s Children provides a lifetime of healing for families who have been forever changed by terrorism, military conflict or mass violence.

What is a mentor?
A mentor is an individual who acts as an advisor or coach for a less experienced mentee, providing expertise and professional knowledge from a more experienced perspective.

At the core of the relationship, a mentor is available to their mentee to offer advice, provide support and answer questions. Mentors protect the interests of their mentee. Mentees often learn from this relationship, and mentors frequently benefit from acting as a trust advisor.

How can a mentor help me?
Mentors can help you in a variety of ways. A mentor can also offer valuable professional advice such as ways to advance in your career, how to improve your resume, interview practice and more. Mentors can answer questions about their field and challenge their mentees to think critically about their career path. Usually established as members of an industry, mentors are well-situated to help mentees consider their long-term development. If appropriate, mentors can provide concrete benefits, for example by serving as a reference or sending your resume to companies where you would like to start a career.

"[My daughter] had an incredible summer at her internship. She learned so much. After her experience, she has decided to major in finance in college."
How can I be a good mentee?

Each mentor-mentee relationship will vary depending on the individuals involved, their goals and the expectations. There are several ways, however, you can get the most out of your mentorship:

1. **Be engaged and show interest**  
   a. One of the best ways to be a good mentee is to show genuine interest in your mentor. Ask them about their career and how they got to where they are. You don’t need to take every suggestion they offer, but be sure to carefully consider what they say.

2. **Be active in the relationship**  
   a. Choosing to follow your mentor’s advice will demonstrate that you value the relationship. It also shows that you take your career goals and professional development seriously, which may make them more interested in guiding you.

3. **Practice taking advice and applying it**  
   a. Be open to observations from your mentor including both positive feedback and constructive criticism. Getting honest feedback from a more advanced professional is extremely beneficial and can help you focus your time on areas you should improve. It can also help you identify strengths of which you might not have been aware.

4. **Be respectful of your mentor’s time**  
   a. Do not reach out to them more frequently than necessary, and make sure to bring specific questions and topics of conversation to your meetings. For example, you might ask how to prepare for a promotional opportunity or how to improve a specific skill set. Above all, make sure to express respect for your mentor and gratitude for their time and investment.

5. **Follow-up**  
   a. Be sure to complete action items that have been agreed upon in a timely manner.

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**Mentee:** __________________ 
**Mentor:** __________________

**Email:** __________________ 
**Email:** __________________

**Phone:** __________________ 
**Phone:** __________________

To learn more, call 212-332-2980 or email Kathy@tuesdayschildren.org.