

## **ESTABLISHING A NEW RELATIONSHIP GETTING TO KNOW EACH OTHER**

The first day that you and your mentee meet is an important beginning. It is a chance to get to know each other even though you may be sharing more about yourself and your interests than your mentee. Do not be disappointed. After all, do you remember your first “blind date?” It is difficult to open up to someone about whom you know nothing and perhaps you do not trust yet. So be patient and learn as much as you can without being intrusive.

### **WHAT’S IN A NAME?**

How do you feel about your name? Your first name? Your middle name? Self-esteem is often connected to one’s name. Most people feel very strongly about their name and also about what they really want to be called.

Here is an interesting thought: If you could have chosen your name at birth what name would you have picked?

#### **What will you call your mentee?**

Here are some options:

1. By his/her first name
2. By the name he or she is called by friends
3. By the name he or she would like to be called. This is a nice approach especially for mentees who don’t really like their names.

Asking mentees what they would like to be called often avoids embarrassment. For example, some kids don’t want their friends to know their real name; they go by their nickname. Asking is a good policy!

#### **What will your mentee call you?**

Here are some options:

1. By your first name. This is your new friend, and you like the informality.
2. By your last name. This means that you are older and this helps to command respect.
3. By a title and your last initial, such as “Mr. Z” or Miss B”.
4. By your first name but with a respectful title in front of it, such as “Miss Annie” or Dr. Susan.”

#### **What’s the right answer?**

Unless the program that operates the mentoring initiative states a policy to the contrary, the answer in terms of what the mentee calls you is up to you.

*Information from Dr. Susan Weinberger’s new book “**Preparing My Mentor For Me**”*