



# Top 10 questions for mentees

**What questions do you need to ask when joining the Academy of Medical Sciences' mentoring programme?**

Before embarking on your mentoring journey we recommend thinking about what you hope to achieve. Here are our top ten suggested questions to help make sure you get the most out of your mentoring relationship.

# Top 10 questions for mentees

The Academy of Medical Sciences' mentoring programme provides a fantastic opportunity for mentees to gain expert one-to-one mentoring on their career progression. To ensure you are prepared and get the most out of this experience we recommend thinking about the following questions:

**What is the purpose of you having a mentor?**

**What is important to you about the mentoring relationship?**

**What would you like to achieve as a result of being in a mentoring relationship?**

**What is the most important thing you would like your mentor to work with you on?**

**What are the aspects of your profession/career that you would like to improve?**

**What are you looking for in a mentor?**

**How will you develop trust and an authentic connection with your mentor?**

**What will your roles and responsibilities be in the mentoring relationship?**

**How will you prepare for your mentoring sessions?**

**How will you implement actions between sessions?**

How you answer these questions will help you drive your mentoring relationship and we recommend revisiting them throughout to keep on track and steer the conversations to achieve your goals.

If you want to learn more or have any questions or concerns, please visit [www.acmedsci.ac.uk/mentoring](http://www.acmedsci.ac.uk/mentoring) or contact us at [mentoring@acmedsci.ac.uk](mailto:mentoring@acmedsci.ac.uk)