

Mentee Guide



About Mentoring SG

Mentoring SG is a national movement that aims to build a culture of mentoring in Singapore and make mentoring more accessible for youth.

An initiative under Forward SG, Mentoring SG seeks to support youth development and school-to-work transitions through mentoring for youth to thrive, grow and realise their aspirations. Mentors could help youth broaden their perspectives in their definition of success; and provide guidance, support and practical advice to the youth as they navigate key transitions.

Mentoring can play a pivotal role in positive identity formation and enable youth to make informed choices in education, career and life transitions. It can be a deeply meaningful and nurturing relationship in supporting youth achieve their fullest potential.

Foreword

Welcome to our Mentee Guide, designed to help you maximise your mentoring experience. Inside, you'll discover mentoring opportunities in Singapore, learn the qualities of a good mentee, and find prompts for productive discussions with your mentor. Additionally, we provide goal-setting tools and an immediate action plan to help you achieve your goals. We hope this guide supports your growth and development.



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1. What kind of mentoring opportunities are present in Singapore
2. Characteristics of a good mentee
3. Prompts/suggestions for potential topics of discussion with your mentors
4. Goal setting tools
5. Immediate action plan



MENTORING OPPORTUNITIES IN SINGAPORE

**Light touch engagement
(Human libraries,
career talks, flash mentoring)**

**Informal/social mentoring
(Self-initiated mentoring
relationships with seniors,
peers, superiors)**

**Structured mentoring
programs offered by
mentoring
organisations in
Singapore**

mentoring SG Connect
Join Mentoring SG Connect. Create an account with us to get access to mentors/mentees.
— Mentoring SG Connect

mentoring SG
Stand on the shoulders of
Giants
Once together with mentors who care



Mentoring SG
Stand on the shoulders of giants. Mentoring SG is a ground-up national initiative that seeks to promote a culture of mentoring in Singapore; where we uplift the next generation by sparking conversations that...

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CHARACTERISTICS OF A GOOD MENTEE

- 1 Openness to learning
- 2 Being committed
- 3 Respect your mentors
- 4 Clear goals/objectives
- 5 Take initiatives
- 6 Be accountable
- 7 Show gratitude
- 8 Take action

CHARACTERISTICS OF A GOOD MENTEE

Openness to learning

1

Remember that your mentor has more experience and knowledge than you do, so it's important to be open-minded and willing to consider their advice and feedback. This doesn't mean you have to agree with everything they say, but it does mean you should be willing to give their suggestions serious consideration.

Being committed

2

A good mentee should be committed to the mentoring relationship and dedicated to achieving their goals. They should be willing to invest time and effort into their personal and professional development.

Respect your mentor

3

The Singaporean culture places a strong emphasis on respect for authority figures. A good mentee should demonstrate respect for their mentor's knowledge, experience, and guidance.

Clear goals/objectives

4

Before entering into a mentoring relationship, identify your goals and what you hope to achieve from the experience. This will help you communicate your needs to your mentor and ensure that you both have a shared understanding of what you want to accomplish.

CHARACTERISTICS OF A GOOD MENTEE

Take Initiatives

5

Don't rely on your mentor to take the lead in the relationship. Be proactive in scheduling meetings, asking questions, and following up on action items. This demonstrates your commitment to the relationship and your willingness to learn and grow.

Be accountable

6

A good mentee takes ownership of their actions and decisions. They should be accountable for their progress and actively work towards their goals.

Show gratitude

7

Show appreciation and gratitude to your mentor for the time, guidance, and support. A simple thank you note, a small gift or even a verbal expression of gratitude can go a long way in building a strong and lasting mentoring relationship.

Take action

8

It's not enough to simply listen to your mentor's advice and guidance : you need to take action on it as well. This means setting goals, creating action plans and following through on your commitments.

SUGGESTIONS FOR POTENTIAL TOPICS WITH YOUR MENTORS

1

Education and Skill Building

2

Career Development

3

**Networking and
Relationship Building**

4

**Personal Growth and
Development**

5

**Work-Life Balance and
Self-care**

SUGGESTIONS FOR POTENTIAL TOPICS WITH YOUR MENTORS

1

Education and Skill Building

Choosing the right educational path (e.g., Junior Colleges, Polytechnics, ITEs, Universities)

Developing skills relevant to current and future career aspirations

Finding opportunities for internships, apprenticeships, or volunteer work

2

Career Development

Setting career goals and creating a roadmap for achieving them

Seeking advice on job searching, networking, and interviewing

Developing skills and qualifications needed for desired career paths

3

Networking and Relationship Building

Building professional networks and connections

Developing communication and interpersonal skills

Navigating workplace dynamics and building positive relationships with colleagues

SUGGESTIONS FOR POTENTIAL TOPICS WITH YOUR MENTORS

4

Personal Growth and Development

Setting personal goals and developing strategies to achieve them

Cultivating a growth mindset and embracing lifelong learning

Managing stress and coping with challenges

5

Work-Life Balance and Self-care

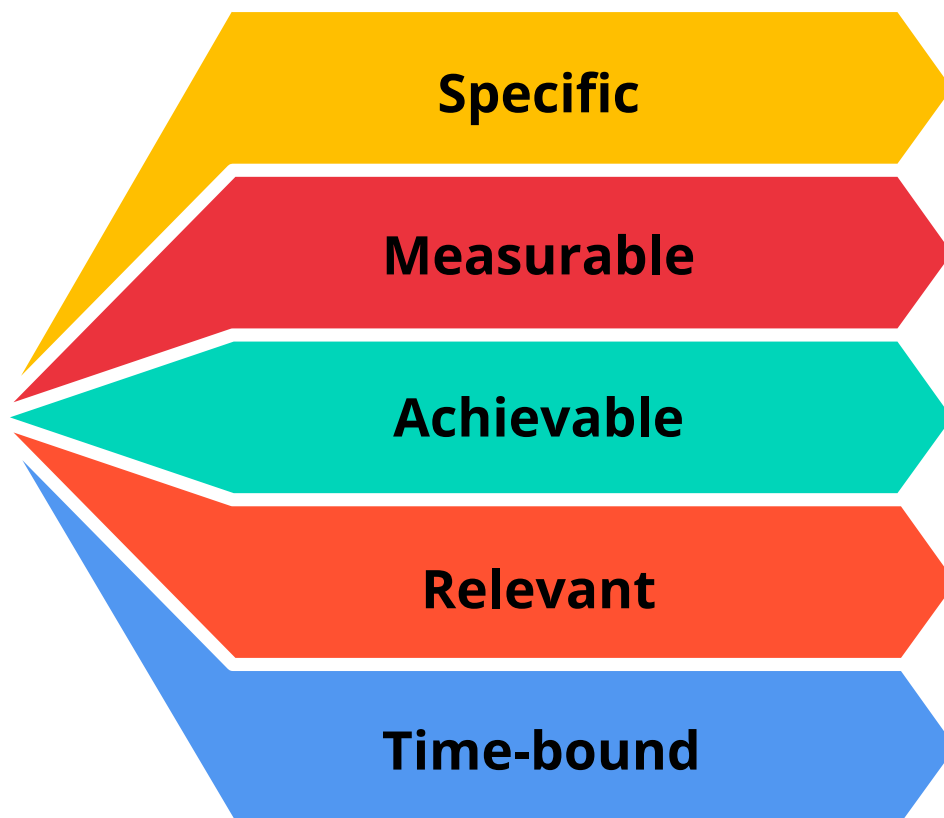
Setting boundaries between work and personal life

Discussing strategies for managing burnout and preventing overwhelm

Practicing self-care and prioritizing mental and emotional well-being

GOAL SETTING TOOLS

SMART Goals



GOAL SETTING TOOLS

Specific

What exactly do you want to achieve?

Good goals, area clear and defined

Measurable

How will you know when you have achieved it?

You will need to be able to track daily progress

Achievable

How can the goal be accomplished?

List the specific tasks you need to complete

Relevant

Why is this goal important to you?

Does this goal help add to your plans for the future?

Time-bound

When do you want to achieve this goal?

Set a target date so you can guide your work to a completion

GOAL SETTING TOOLS

WOOP Goal-Setting Tool

Wish

Outcome

Obstacle

Plan



GOAL SETTING TOOLS

Wish

What would you like to achieve?

e.g. I would like to gain admission
into a local university.

Outcome

How would life be better?

e.g. I can increase my chances
of getting my dream job!

Obstacle

What is standing in your way?

e.g. My studying methods
are not effective.

Plan

How can you overcome this?

e.g. I will review my study methods
and find ways to improve it!

IMMEDIATE ACTION PLAN

What can I
do now?

1

Join
Mentoring SG connect

2

Join a
structured
mentoring program

3

Search and reach out
to potential mentors
within your community
or on LinkedIn

Contact Us

For enquiries, feedback on, or contributions to this Mentor Guide, please contact the Mentoring SG team at mentoring.sg/contact-us.



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