Qualities of a Good Career Advisor

- Committed to the mentoring process
- Responds to individual circumstances
- Encourages and motivates others
- Creates a continuous learning environment
- Commits time to be a career advisor
- Possesses the knowledge and influence needed to be a career advisor
- Willing to share knowledge
- Possesses good interpersonal communication skills

Benefits of participating in the program for a career advisor:

- Extend your network to other career advisors and mentees
- Contribute to the development of new professionals
- Experience professional and personal growth and renewal
- Use or develop additional skills not required in current position
- Keep you sharp and encourages creativity
- Provide the opportunity to give back to the profession
- Enhance your value to others

A career advisor's general role may include, but is not limited to:

**Advisor:** Offer mentee an avenue for social and emotional support during his/her transition into the field of anatomy; familiarize mentee with the numerous resources available to them.

**Role model:** Teach mentee how to succeed in the field by modeling how individuals in senior positions conduct themselves and interact with others.

**Coach:** Advise mentee on how to accomplish his/her goals and provide feedback. Help the mentee develop alternatives to address work-related problems or create learning opportunities. Teach the mentee organizational and professional skills; create an atmosphere where mentees can learn from their own and each other's experiences, mistakes, and successes as well as from their career advisors' experiences.

**Supporter:** Enhance the mentee's self-esteem through supportive, nonjudgmental discussions and "pep talks." Help the mentee establish a professional network.