

- 1. Be committed and available.**
- 2. Practice active, respectful listening.** Be slow to speak and quick to listen. Allow the student to vent feelings, then provide objective feedback.
- 3. Be honest and vulnerable.** Do not act as though you have all the answers. Allow the student to understand that all people experience insecurities and/or have feelings of inadequacy at times.
- 4. Demonstrate unconditional acceptance.**
- 5. Share ideas and provide resources.**
- 6. Avoid criticism or giving too much advice.**
- 7. Encourage and inspire.**
- 8. Set goals.** Help the student set personal goals and keep him/her accountable.
- 9. Pray daily and guide spiritually.** Provide perspective on how the student can develop growth and depth in his/her Christian walk. Remind the student often that you are praying for him/her. This will mean a great deal to the student and is one of the most important things that you can do!
- 10. Be creative!** Go out for lunch, to a museum, exhibit, basketball game, nature preserve, etc. Introduce him/her to someone whose career interests the student. Send cards on holidays and birthdays or deliver a “care package” or encouraging note!

(Taken from “Guidelines to Mentoring at Calvin College”)