

# **Bates Men's Soccer Alumni Mentorship: Player Program Expectations**

## **1. Commitment to the Program**

- The onus for program success ultimately lies with the player
  - Dedicate the time and effort to fully participate for at least six months
  - Prioritize scheduled meetings with your mentor, understanding the value of their time and expertise
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## **2. Effective Communication**

- Respond promptly to mentor outreach, ensuring open and consistent communication
  - Be prepared for scheduled meetings with discussion topics, questions, or updates on your goals and progress
  - Notify your mentor in advance if you need to reschedule or cancel a meeting
  - Understand and respect your mentor's preferred mode of communication, i.e. text, email, phone call, video call
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## **3. Goal Setting and Accountability**

- Collaborate with your mentor to establish clear, realistic goals for your personal, academic and/or career development
  - Take initiative in following through on agreed-upon action steps
  - Regularly update your mentor on progress and seek guidance on overcoming challenges
  - Don't be afraid of setbacks in achieving your goals, you learn more from a rigorous journey than a smooth one
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## **4. Professionalism**

- Show respect and gratitude toward your mentor's time and efforts
  - Conduct yourself in a manner that reflects positively on yourself, your team, and your institution
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## **5. Active Participation**

- Take advantage of the resources being provided to you
  - Attend program events such as panels, in-person networking and program touchpoints
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## **6. Feedback and Reflection**

- Share honest feedback during midpoint and final check-ins to help improve the program for future participants
- Reflect on your experience and identify lessons learned, achievements, and areas for continued growth
- Upon benefitting from your alumni network, pass it on after graduating