



Tips for effective mentoring through virtual methods

- Coordinate a day and time that both parties are available.
- If you're new to some of these systems, do a practice call with family or friends so that you are comfortable with using the virtual application.
- Activate your camera to be more personable and engaging, while being mindful of your space and background. Make sure you're comfortable with the personal space you will be sharing through video.
- Ask your mentee to activate his or her camera if possible. This can help in communication through body language and visual cues.
- If discussing an educational resource, explore ways to electronically share it before the meeting, or share your screen if you have that capability.
- When interacting via writing (texting or email), be mindful of how a message can be interpreted without a verbal tone (for example, avoid using all capital letters).
- Be flexible with unexpected situations, such as interruptions from family or animals in your mentee's environment.
- Remember to use active listening and positively promote self-care management.



For more information or to file a grievance, please contact us:

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