

# Mentoring



# What is mentoring?

- A relationship in which a more experienced professional - a mentor - provides career guidance and counsel to someone who has less experience in a field - a mentee
- Age not always a factor. A younger person who has had more years of experience in a practice area can be a mentor for someone who is changing their career path.

# Role of the mentor

- Serves as a role model
- Actively listens to the mentee
- Provides direction and perspective
- Helps mentee set goals
- Holds mentee accountable
- Introduces mentee to career opportunities
- Develops mentee's self-sufficiency

# Role of the mentee

- Chooses a mentor
- Establishes own goals
- Takes the lead in the relationship
- Asks for input
- Is open to advice but makes own decisions
- Keeps mentor updated on progress

# Benefits of mentoring

- Mentee develops professional skills, gains confidence, expands professional network
- Mentor also learns and gains inspiration from mentee, enhances professional standing
- Employer and profession reap rewards of increased performance and participation

# How to get started

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- 1. Read more about it
- 2. Join a DPG
- 3. Try ADA's eMentoring program

# 1. Read More About It

- ADA articles
  - Mentoring 101: Building a mentoring relationship. J Amer Diet Assoc. 2010;110:1002-1008.
  - Instant Mentoring: Sharing wisdom and getting advice online with e-mentoring. J Amer Diet Assoc. 2010;110:1148-1155.
- Dietetic Practice Groups (DPGs)
  - Group mentoring or learning from the experienced professionals in your practice area

## 2. Join a DPG

- Dietetic Practice Groups are professional-interest groups, made up of American Dietetic Association members, who wish to connect with other members within their areas of interest and/or practice.

# Benefits of DPGs

- Help for expanding or changing career
- Practice guidelines for specialties
- Access to Listservs for communicating with other members and receiving information
- Webinars and other CEU opportunities
- Networking activities at ADA FNCE and other meetings
- Information not found in any book or class!

# Where to find DPGs

ADA website [www.eatright.org](http://www.eatright.org)

The screenshot displays the ADA website's member center. At the top, a navigation bar includes links for 'For the Public', 'For Members', 'For Students', 'For the Media', 'For Health Professionals', 'Shop ADA', and 'FIND A REGISTERED DIETITIAN'. Below this, a 'Welcome to the ADA Member Center' banner features a group photo of professionals and a text block describing the benefits of membership. A central navigation bar offers links to 'Knowledge Center', 'Research & Practice', 'Careers', and 'Public Policy'. On the left, a 'In This Section' menu lists various categories like Practice, Governance, and Professional Development. The main content area is divided into 'LATEST ADA FOOD AND NUTRITION INFORMATION' and 'Coming Up'. The 'LATEST' section includes two articles: '2010 Dietary Guidelines Advisory Committee Report Offers Food and Nutrition Insights on Helping Americans Combat Obesity' and 'Consuming Polyunsaturated Fatty Acids May Lower the Incidence of Gum Disease'. The 'Coming Up' section highlights 'FNCE Handouts Now Available!' and 'Nutrition Care Manual Updated!'. A 'MyADA Quicklinks' sidebar on the left provides shortcuts to 'myDashboard', 'myProfile', and 'myGroups'. The browser's address bar at the bottom shows the URL: <http://www.eatright.org/WorkArea/linkit.aspx?LinkIdentifier=ID&ItemID=11093>.

## How to join a DPG

- Each DPG has a website. Visit the ones that fit your interests and read about what they have to offer.
- Join the DPG when you renew your ADA membership or at any time afterwards (fee is not prorated)
- Sign up for the DPG's Listserv to stay informed

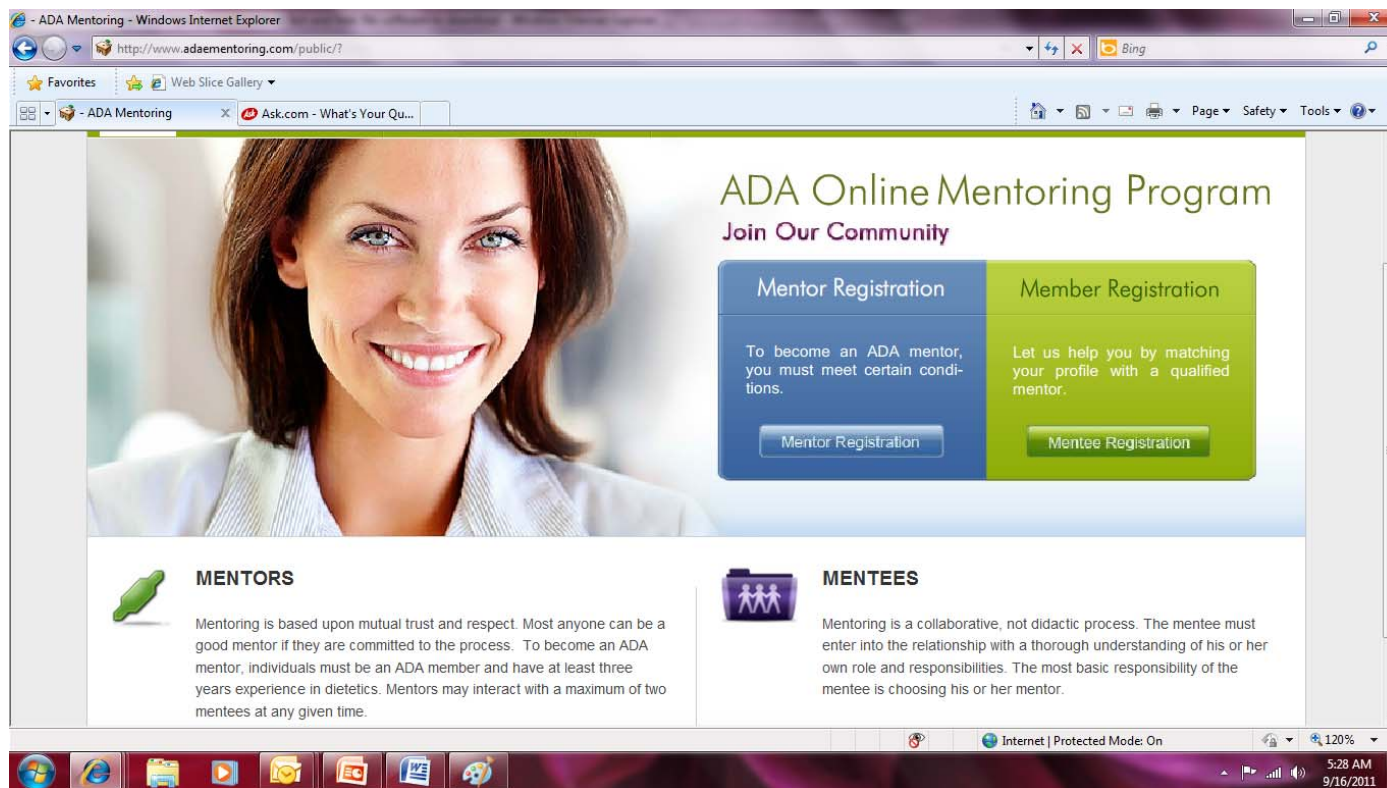
### 3. ADA's eMentoring System

- [www.adaementoring.com](http://www.adaementoring.com)
- Began June 1, 2011
- Provides a platform for ADA members to become mentors
- Enables ADA mentees to find optimal mentor matches
- Provides tools to enhance the mentoring relationship

# How to participate in eMentoring

- Visit website
- Choose to be either a mentor or mentee (or both!)
- Complete application

# [www.adaementoring.com](http://www.adaementoring.com)



The screenshot shows a Windows Internet Explorer browser window displaying the ADA Online Mentoring Program website. The browser's address bar shows the URL <http://www.adaementoring.com/public/>. The website features a large image of a smiling woman on the left. To the right of the image, the text reads "ADA Online Mentoring Program" and "Join Our Community". Below this text are two registration options: "Mentor Registration" and "Member Registration". The "Mentor Registration" section includes the text "To become an ADA mentor, you must meet certain conditions." and a "Mentor Registration" button. The "Member Registration" section includes the text "Let us help you by matching your profile with a qualified mentor." and a "Mentee Registration" button. Below these sections are two columns: "MENTORS" and "MENTEES". The "MENTORS" section includes a green leaf icon and text stating that mentoring is based on mutual trust and respect, and that individuals must be ADA members with at least three years of dietetics experience. The "MENTEES" section includes a purple icon of three people and text stating that mentoring is a collaborative process and that the mentee must have a thorough understanding of their own role and responsibilities.

ADA Online Mentoring Program  
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Mentor Registration  
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Mentor Registration

Member Registration  
Let us help you by matching your profile with a qualified mentor.  
Mentee Registration

**MENTORS**  
Mentoring is based upon mutual trust and respect. Most anyone can be a good mentor if they are committed to the process. To become an ADA mentor, individuals must be an ADA member and have at least three years experience in dietetics. Mentors may interact with a maximum of two mentees at any given time.

**MENTEES**  
Mentoring is a collaborative, not didactic process. The mentee must enter into the relationship with a thorough understanding of his or her own role and responsibilities. The most basic responsibility of the mentee is choosing his or her mentor.

# Complete Registration

The screenshot shows a web browser window titled "ADA Mentoring - Windows Internet Explorer". The address bar displays the URL: <http://www.adaementoring.com/auth.cfm?actionxm=MembershipRequest&membership=Mentee>. The browser's Favorites bar shows "ADA Mentoring" and "Ask.com - What's Your Qu...". The page content includes a navigation menu with "Home", "ADA eMentoring System", "Benefits of Mentoring", and "FAQs". The main heading is "Mentee Registration". A note states: "Note: Information supplied solely pertains to the ADA mentoring system and is not related to nor will modify your ADA membership profile. Fields identified with an asterisk "\*" below are required." Below this, a paragraph explains: "Any ADA member may be a mentee. This includes students, young practitioners, as well as more seasoned professionals who are embarking on a new area of practice or wanting to sharpen particular skills." The registration form is divided into two sections: "ADA MEMBER INFORMATION - MENTEE" and "PROFILE INFORMATION".

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[Home](#) [ADA eMentoring System](#) [Benefits of Mentoring](#) [FAQs](#)

## Mentee Registration

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Any ADA member may be a mentee. This includes students, young practitioners, as well as more seasoned professionals who are embarking on a new area of practice or wanting to sharpen particular skills.

### ADA MEMBER INFORMATION - MENTEE

\* ADA Member Number

\* ADA Password

Forgot your password? Please use the [ADA website](#) to retrieve your password.

### PROFILE INFORMATION

\* First Name

Middle Initial

\* Last Name

Credentials

Preferred Nickname

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## Reap the benefits

- Enjoy building your new mentor/mentee relationship via email, phone, or visit!