

Autism Unplugged Mentoring Agreement

This agreement aims to help the mentor and mentee decide on goals and parameters that will serve as the foundation of the mentoring relationship. This agreement does not replace the contract that both the mentor and mentee signed when they agreed to participate in a mentoring program through Autism Unplugged.

The following should be discussed and agreed upon by the mentor and mentee.

1. **Goals** (what you hope to achieve as a result of this relationship; e.g., gain perspective about life situations, talk about frustrations and have a place to vent and problem solve, friendship, learn more about a particular skill, learn about higher education, explore new career opportunities or alternatives, leadership skill development, etc.)

2. **Steps to achieving goals as stated above** (e.g., meeting regularly, talking about steps to achieving independence, learning new coping skills, finding community resources, etc.):

3. **Meeting frequency** (frequency, duration, and location of meetings):

4. **Confidentiality** Any sensitive issues we discuss will be held in the strictest of confidence. If there are concerns around the safety of you or others, as mandated reporters, this can not be confidential and must be reported. Issues that are off limits for discussion include:

5. **Plan for evaluating relationship effectiveness** (e.g., frequent check-ins of mentorship goals and outcomes/accomplishments):

6. **Relationship termination** If the mentor or mentee finds the mentoring relationship unproductive and requests that it be terminated, we agree to honor that individual's decision without question or blame. Once the relationship is terminated, we cannot contact each other again.

7. **Duration** This mentorship relationship will continue as long as both the mentor and mentee feel comfortable with continuing or until both mentor and mentee decide on a specific date.

The mentee and mentor must complete this section independently, review it together, and discuss each person's answers to reach an agreement. The contract should be signed and dated by the mentee and mentor. The mentee is responsible for keeping the contract and reviewing/updating it. The first joint review should occur one month after the initial meeting.

1. What type of assistance does the mentee want from the mentor(s)?
2. What expectations do the mentors have of the mentee?
3. What expectations does the mentee have of the mentor(s)?
4. How often will you meet?
5. When and where will you meet?
6. For how long?
7. Who will be responsible for scheduling the meetings?
8. What will meeting topics include?
9. What will be the ground rules for discussions? (E.g., confidentiality, openness, candor, truthfulness, etc.)
10. If problems arise, how will they be resolved?
11. Any concerns the mentee wants to be discussed and resolved?
12. Are there any concerns the mentor(s) want discussed and resolved?

13. How will you know when the mentoring relationship has served its purpose and needs to be terminated?

14. We have agreed that our initial meetings will focus on these three topics:

a. _____

b. _____

c. _____

15. Any additional areas/issues you want to discuss and agree to?

Mentor Signature Date

Mentee Signature Date