



The Jane Dough  
May 15, 2013

Giveaways

## We've Got An Awesome Grad Gift For You [GIVEAWAY]

12:30 pm, May 15th | by Sarah Devlin

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It's graduation season, which means that a whole crop of new grads will be entering the workforce — or trying to enter the workforce — in the coming months. It's easy to forget how daunting finding a job and choosing a career can seem when you were just starting out.

To that end, we've got a giveaway courtesy of Lisa Quast, a sought after woman's career expert and founder of **Career Woman, Inc.**, a consulting agency that helps women reach their professional goals. She's also the author of the award winning book "**Your Career, Your Way**" and a regular contributor

to **Forbes.com**. And you all have the opportunity to win a copy of *Your Career, Your Way* to give to your favorite grad or keep for yourself!

First, "Like" us on Facebook.



Then do the same for Lisa's Career Woman, Inc. page.

Like  You, [Cassandra Searles](#) and 1,255 others like this.

And that's it! We'll pick our winner at random next Wednesday, May 22nd. In the meantime, you can enjoy this excerpt from Lisa's book featuring some of her best tips for finding a mentor:

One of the hardest parts of graduating is facing the dreaded "what now?" question. Oftentimes recent grads have many goals and aspirations but no idea how to achieve them or where to start. Instead of struggling for years to figure it all out on your own, proactively jumpstart your career success by seeking out a mentor! Below are my tried and true tips for finding a mentor and getting the most out of your relationship.

**Don't restrict yourself.** When looking for a mentor, think outside your cubicle box. Great mentors can be found in a variety of places. In addition to your current workplace, seek out mentors at other companies within your field, non-profit organizations, church groups or community groups such as the chamber of commerce.

**Clarify what you want.** Before seeking out a mentor, write down what your specific expectations are and the role you want a mentor to play in your career. Doing this ensures you find the right mentor and that the relationship benefits your professional goals.

**Set up a meeting.** Once you've identified a potential mentor, ask to meet and discuss a potential mentoring relationship. Formally asking for a mentorship is an extremely important step to make certain you're both clear on the terms. This meeting should take place somewhere that is mutually comfortable and where you can speak in confidence.

**Don't let rejection get you down.** Don't be discouraged if a potential mentor turns you down. Instead, gracefully thank them for meeting with you and try to understand why – if they're too overloaded with work now, maybe they can mentor you in the future. Also ask if they can recommend you to someone else.



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**Be clear with your mentor.** Once you find a person who agrees to be your mentor, first and foremost, make sure you share the same commitment to your expectations. Be clear on the time required and the availability of your mentor, and establish a regular meeting schedule with topics for discussion and to check in on the goals you've set for yourself.

**Don't expect a silver platter.** Mentors aren't there to give you the solutions to all your problems. It's still your responsibility to analyze situations and determine the best choice or direction. Your mentor should help you make well-informed decisions and find ways around obstacles, but don't ask them to hand over easy answers.



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