# Suggested information mentees include in their initial email to a prospective mentor

Your name:

Your discipline/faculty and university:

The kind of award you have won:

**Your aims as a mentee**

What you are looking for from the mentorship. (E.g. What issues or decisions are you grappling with?)

What you hope to achieve from the mentoring process. (Please be as specific as possible.)

What, if any, specific skills or experience that you are looking for in a mentor.