



Millersville University

Mentorship Boundaries Workshop Summer 2021

Directions: Mentors will watch a 30-minute training video on establishing mentoring boundaries. This webinar will discuss what boundaries are, how to set boundaries, how to maintain boundaries, and how to handle difficult situations with those boundaries established. After watching the training video, mentors will have to complete the reflection worksheet below in full and complete sentences. Once the worksheet is complete, mentors will email it to mentorship.ga@millersville.edu. All mentors who complete this training will receive a training certificate displaying workshop completion.

Video: <https://www.youtube.com/watch?v=29cSjDxvFu8>

Reflection Questions

1) What are your main take aways from this video? What did you learn?

2) How can you utilize this information from the video in your mentor-mentee relationships? Why are establishing boundaries important for mentoring relationships?

3) How you would you handle the following scenario:

You are mentor to a first-year student named Timmy. Timmy is from Maryland and does not know anyone at Millersville. You and Timmy are both sport administration majors and both highly enjoy watching sports. Timmy tends to text you every day and does not stop until you answer him. He tells you that you are his only friend and the only person he trusts. Timmy just friend requested you on Instagram, Facebook, Twitter, and Snapchat. You are starting to feel overwhelmed with the amount Timmy relies on you. You want to continue to be a mentor for Timmy and help him during this transition.

Questions to Consider: What boundaries should you establish? How can you effectively discuss these boundaries to Timmy? What resources can you offer? Etc.

4) What are some boundaries that you believe are important to discuss? Why? When is the best time to discuss boundaries?