The SDDL Project defines mentoring as:

A dynamic, reciprocal, long-term formal, or informal, relationship that focuses on personal and/or professional development. A mentor is a sounding board and guide. Mentors provide perspective, resources, and ask thought-provoking questions. In the ideal mentoring relationship, mentors and mentees or protégés, learn and teach each other.

Benefits of Mentoring for Faculty and Students

- Supports faculty and students working together in both social and formal environments.
- Facilitates long-lasting relationships.
- Students learn about the faculty member’s areas of expertise.
- Faculty learn about disability issues and living life with a disability on a daily basis from those who know this best: the person with a disability.
- Communication is possible using a variety of methods and technologies, such as face-to-face meetings, email, and phone conferences.
- Technology can provide avenues for mentoring enabling faculty and students who are not in the same room, or even the same country to sustain their mentoring relationship.
- Encourages a spirit of faculty-student cooperation.
- Mentoring skills sets are transferable to other areas of learning and life.