

Mentorship

Set goals, expectations, and a timeline

- Goals can be project related but can also involve your own learning outcomes or goals for personal growth.
- Your partnership with a mentor allows you to both set expectations for the experience. You can discuss different approaches to the partnership and come up with a style that benefits you both!
- Establish a structure that works for both you and your mentor. You may find clear and regular deadlines are the most motivating or your project(s) may require a flexible timeline.

Establish regular meetings

- Meeting regularly gives you and your faculty mentor a chance to discuss new ideas, project progress, potential hiccups...really anything! This helps to keep goals and expectations on track and provides the opportunity to reevaluate and make changes.

Reflect through discussion

- Reflection is a helpful tool to use throughout your mentorship experience. Reflecting can help bring awareness to aspects of the process that you find valuable or areas for improvement.
- Intentional reflection is hugely important in developing an understanding of your role and recognizing the knowledge/skills you are gaining from this experience.

Some questions as a starting point:

- What inspired you to get involved in this project/experience?
- What are some skills you have learned during this experience?
- What are some challenges you have faced so far? Have you found any solutions? How did you come to those solutions?
- How have you and your faculty mentor worked together?

Curious for more? Need help? Find it here!

