

# mentors & mentoring

Whole PhD — Part 3



Mentors are critical to our professional growth. Nurturing mentoring relationships, and thinking about developing your skills as both a mentee as well as a mentor yourself are invaluable investments in your future! Mentoring resources abound, so here are just a few.

# Quick Tips

- Set goals for your mentoring relationships, and communicate those goals to your mentor(s)
- Develop your mentoring skills by mentoring younger researchers as well as your peers
- Valuable mentors come in all shapes and sizes. Build a team of mentors to meet a variety of needs (peer mentors, research mentors, career mentors, etc.)
- Strengthen your skills as a mentee to help you get the most from your mentoring relationships and also help you become a better mentor yourself

# Resources

- [Examples of mentoring compacts/lab expectation documents](#) (Dr. Steve Lee, Stanford)
- A free, unofficial version of the [Myers-Briggs self-assessment](#) (or [here](#))
- [Assessing your Mentors](#) handout from UCSF
- [Mentoring Map](#) from Rackham U Mich (p. 24-25)
- [Hot Tips for Meeting with Faculty Mentors](#) from UCSC Math (p. 6)
- [Finding Your Five Mentors and a Sponsor](#) video (UCSF OCPD)
- [National Research Mentoring Network](#)
- [NIH Communication Hacks](#) (this was also in our “Self-assessment and goal setting” post but is so important it deserves to be posted twice)
- iBiology & NRMN [Culturally Responsive Mentoring](#)
- [The Mentorship Toolkit: Resource Guide for Effective Undergraduate Mentorship in STEM](#) (CSEP)

# Further Reading

1. [Pause, Breathe, Reflect and Reset](#) (opinion) (insidehighered.com)
2. [Managing Up: An industry skill you can learn in academia](#)
3. [The care and maintenance of your adviser](#)
4. [When You Need a Mentor](#)
5. [Top 10 tips for mentors](#)
6. [Beyond "Finding Good Mentors" to "Building and Cultivating Your Mentoring Team"](#)  
(p. 23/Chapter 2)
7. [How To Find a Mentor: 3 Steps to Forming the Relationship](#) (NPR Life Kit)

# Share your input!

Share your input on this topic and enter to win a \$25 gift card!

Complete the survey's topic task for an entry to win a \$50 gift card!

[Access the survey here!](#) Complete by Sunday at midnight to enter the raffle.

These resources are curated but not comprehensive. They are intended to inspire further personal exploration of each topic.

This series is hosted by the Professional Development Series (PDS) for graduate students and postdoctoral scholars and the following:



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