

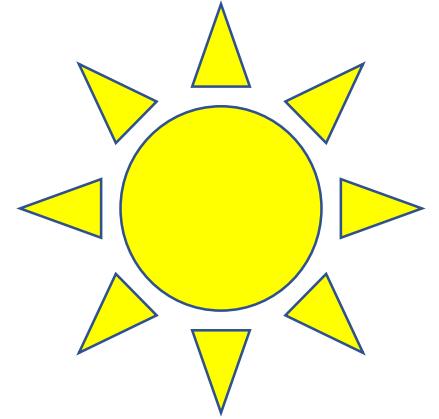
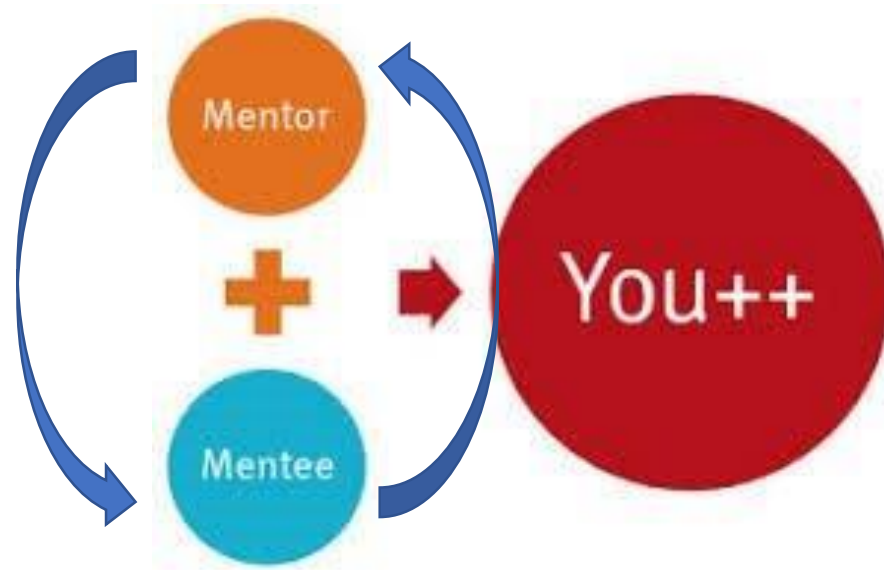
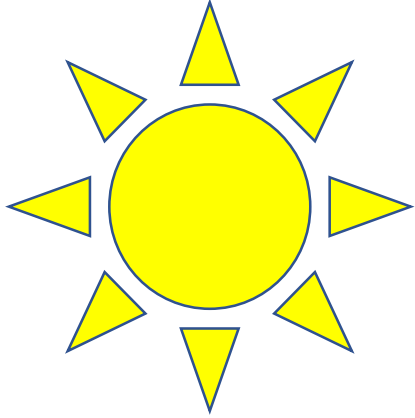
# Building Effective Mentor Mentee Relationships

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# Goal of a mentor/mentee relationship



Grow, Develop, Be a Better You

# What a mentor expects from a mentee

- Conduct a self assessment
  - Why you want a mentor
  - Goals for the relationship and how a mentor can help you achieve them
- Fully commit to the relationship
  - Attend, on-time, and engaged for phone calls or meetings
  - Follow through on action items
- Strong communication
- Ability to establish trust

# What a mentor expects from a mentee

- Take ownership of your mentoring relationship
- Ask questions and ask your mentor for help
- Do not give up
  - Try additional approaches to work through a challenge or seek a different solution altogether
- Evaluate your mentor's advice but make your own decision
- Motivated, driven mentee with a strong desire to engage in a mentor/mentee relationship
- **Have fun!!**

# Examples of topics to discuss with your mentor

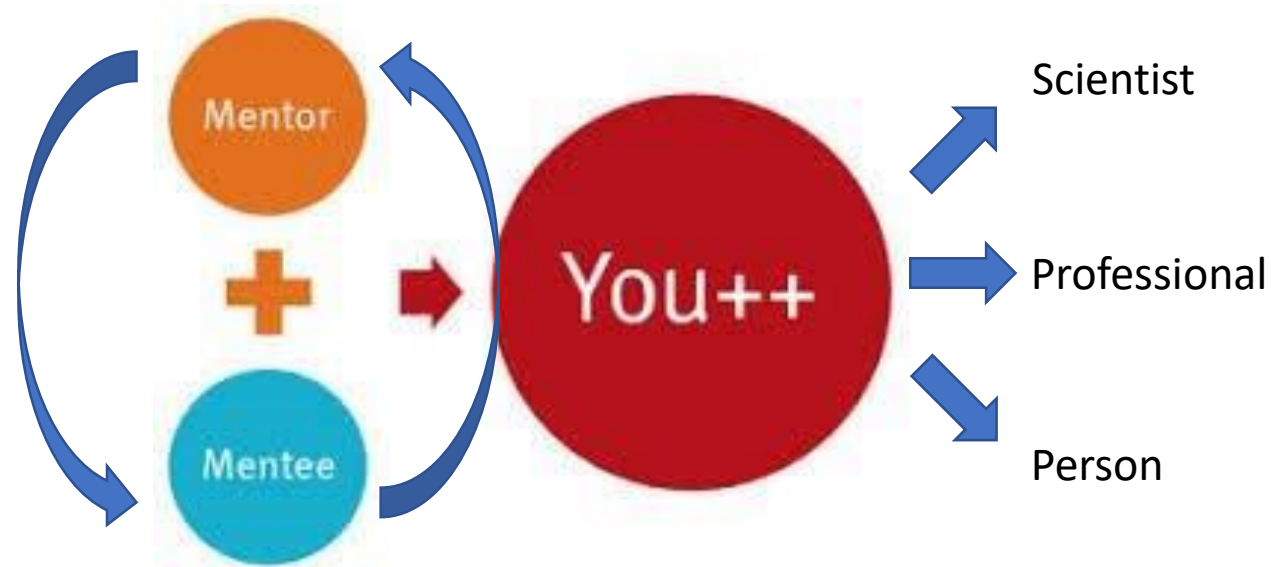
- High level dissertation work
- Career path
- Communication skills
- Strategies in working with challenging individuals
- Building confidence and developing thicker skin
- Giving and accepting constructive criticism
- Some time discussing life events



# Venues to find a mentor(s) within SOT

- Annual Meeting Mentoring Breakfast
- GSLC Chat With an Expert
- PDA Poster Tour with Trainees
- Specialty Sections, Special Interest Groups, Regional Chapters
  - Receptions, separate mentoring events
- Department alumni receptions
- Any other events to network and meet new people

# My experience as a mentee



- Scientist- high level dissertation work
- Professional- career path, communication skills, strategies in working with challenging individuals, building confidence and developing thicker skin, giving and accepting constructive criticism
  - ➔ Becoming a leader
- Person- life events