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
• Person- life events