

Tips for Mentees

Your success as a scholar is important not just to you, but also to the department. The purpose of the mentoring relationship is to help you “quick start” the tenure and promotion process. Your mentor will provide informal advice on a number of mentoring topics (see the Psychology Mentoring Program document). For you to gain as much as possible from the mentoring relationship, you have to actively participate in the relationship and seek guidance when you know you have concerns or are uncertain about how to proceed. Your mentor might not be able to provide assistance with every topic, but should be able to point you toward other potential advisors with the needed expertise.

General tips for being successfully mentored:

- Talk about expectations for the mentoring relationship (frequency of meetings, topics covered, confidentiality, open-door policies).
- Write down questions as they occur to you and ask your mentor at the next available opportunity.
- Show initiative in planning your career, including asking questions of your mentor and sharing your CV regularly for encouragement and feedback.
- Make scheduled meetings with your mentor a priority, and keep in touch through phone or email.
- Ask for help. Let your assigned mentor and others know if you have an issue or are uncertain about how to proceed in some area.
- Set up a meeting to discuss annual review materials several weeks before they are due. The first time you go through this process, a preliminary meeting to discuss expectations might be helpful before you begin gathering your materials.
- Begin assembling your supporters and advisors in the Department, College, and University. Your mentor will be able to direct you to some of these individuals, but also seek out other opportunities to build a professional network.
- If you have questions or concerns about your mentor or the mentoring program, let the Department Head or Associate Head know

Resources related to being a mentee:

http://academicaffairs.ucsf.edu/ccfl/media/UCSF_Faculty_Mentoring_Program_Toolkit.pdf

<http://www.advance.rackham.umich.edu/givingandgettingcareeradvice.pdf>

<http://www.advance.cornell.edu/documents/Exemplary-Junior-Faculty-Mentoring-Programs.pdf>