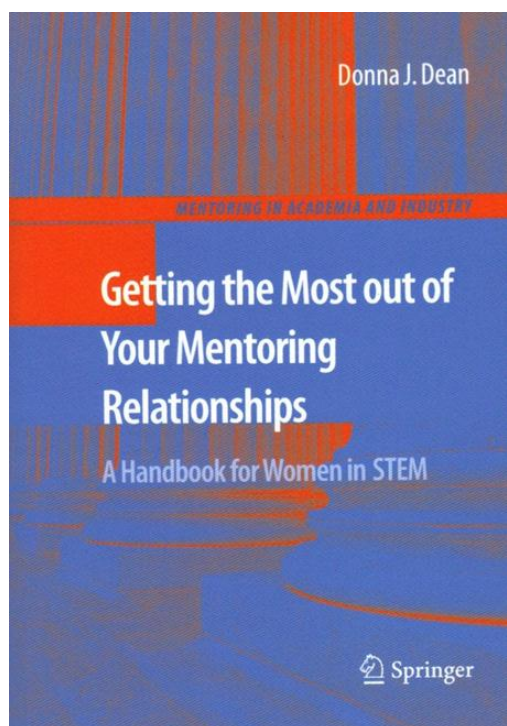


Developing Strong Mentoring Relationships

Developing strong mentoring relationships has always been an important component for success as a scientist. In today's scientific enterprise, one must always be expanding one's knowledge set and skill base to remain competitive. Effective mentoring allow scientists to learn and grow from the perspectives of others.

As one embarks on the pathway to a career in STEM, young scientists need to learn to balance the different roles that lie ahead in both career and life. These changing needs will influence the types of mentoring that are needed.



Achieving Your Goals with Mentors

- ✓ Identify the key areas for which you need mentoring
- ✓ Focus on critical concerns at your current career stage
- ✓ Develop action steps to keep your mentoring needs on track
- ✓ Understand the do's and don'ts of mentoring relationships
- ✓ Keep expectations realistic

Action Steps to Implement in Developing a Strong Mentoring Relationship

- Stick to agreed upon schedules
- Give and receive positive feedback
- Set goals and have a plan
- Review goals, outcomes, and accomplishments on a consistent basis
- Ask questions and be an excellent listener
- Seek out new resources and opportunities



“Developing Strong Mentoring Relationships” is a workshop offered by the Association for Women in Science.