

SACNAS-IU Meeting Agenda

January 28, 2015

1. Announcements
 - a. Arlington Heights Elementary School Science Night, Thursday, January 29th 6-7:30 PM (on Highway 46 next to Quality Inn west from Aver's) VOLUNTEERS NEEDED
 - b. Summit Elementary Science Night, Wednesday, February 11th; VOLUNTEERS NEEDED
 - c. SACNAS National conference Oct. 29-31, 2015 in Washington D.C.
2. Dustin Ritchea and Brandon Finlay, IU Graduate Emissaries, to talk about undergraduate research and the National Name Exchange
3. Brainstorm faculty to invite
4. Mentoring – tips on building your mentor team
5. Reminders:
 - a. Next meeting: February 25th

Mentoring

Figure out what you need

- Create an Individual Development Plan
<http://myidp.sciencecareers.org/>
- Complete worksheet 2 on Mentee Expectations (reverse side)

Build a team of mentors

- National Research Mentoring Network: Mentoring to Diversify the Biomedical Workforce <http://nrmnet.com/>
- National Mentoring in STEM
<http://mentornet.org/>

Read more about mentors

- <http://grad.washington.edu/mentoring/students/>

Want to know what to look for in your mentors, and how to be a good mentor?

- Lee, A., Dennis, C. and P. Campbell. "Nature's guide for mentors." (2007) *Nature* 447: 791-797.

Worksheet 2: Mentee expectations

Use this worksheet to develop an understanding of what you expect to gain from your mentoring relationships. By clarifying your own expectations, you will be able to communicate them more effectively to your mentors. Add items you deem important.

The reasons I want a mentor are to:

- Receive encouragement and support
- Increase my confidence when dealing with professionals
- Challenge myself to achieve new goals and explore alternatives
- Gain a realistic perspective of the workplace
- Get advice on how to balance work and other responsibilities, and set priorities
- Gain knowledge of “dos and don’ts”
- Learn how to operate in a network of talented peers
- Other _____

I hope that my mentor and I will:

- Tour my mentor’s workplace/explore various teaching or work sites
- Go to formal mentoring events together
- Meet over coffee, lunch, or dinner
- Go to educational events such as lectures, conferences, talks, or other university events together
- Go to local, regional, and national professional meetings together
- Other _____

I hope that my mentor and I will discuss:

- Academic subjects that will benefit my future career
- Career options and job preparation
- The realities of the workplace
- My mentor’s work
- Technical and related field issues
- How to network
- How to manage work and family life
- Personal dreams and life circumstances
- Other _____

The things I feel are off limits in my mentoring relationship include:

- Disclosing our conversations to others
- Using non-public places for meetings
- Sharing intimate aspects of our lives
- Meeting behind closed doors
- Other _____

I hope that my mentor will help me with job opportunities by:

- Opening doors for me to job possibilities
- Introducing me to people who might be interested in hiring me
- Helping me practice for job interviews
- Suggesting potential work contacts for me to pursue on my own
- Teaching me about networking
- Critiquing my resume or curriculum vitae
- Other _____

The amount of time I can spend with my mentor is likely to be, on average:

- 1 2 3 4 hours each *week*/every *other week*/per *month* (circle one)

Adapted from: Brainard, S.G., Harkus, D.A. and George, M.R. (1998), *A curriculum for training mentors and mentees: Guide for administrators*. Seattle, WA: Women in Engineering Initiative, WEPAN Western Regional Center, University of Washington.