Getting mentored in graduate school
Typical Graduate Student Needs

- Academic Advice
- Career Advice
- Research Mentor
- Teaching Mentor
- Emotional Support
- Substantive Feedback
- Access to opportunities
- Role models

Adapted from Center for Faculty Development and Diversity (http://www.facultydiversity.org/)
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YOU!
Form your mentoring team

- Academic Advice
  - Academic Advisor
  - Peer Mentor

- Career Advice

- Research Mentor

- Teaching Mentor

- Emotional Support

- Substantive Feedback

- Access to opportunities

- Role models

YOU!
Finding mentors
Step 1: Self-appraisal

• What are my objectives in entering graduate school?
• What type of training do I desire?
• What are my strengths?
• What skills do I need to develop?
• What kinds of research or creative projects do I want to work on?
• How much independent vs. hand-in-hand work do I want to do?
• What type of career do I want to pursue?

From: How to get the mentoring you want – A Guide for Graduate Students at a Diverse University
Finding mentors
Step 2: Identify potential faculty mentors

• Familiarize yourself with professors’ work to get a sense of their interests and projects
  – PHE website: https://phe.unCG.edu/teams-category/faculty/
  – Review other faculty websites across School of Health and Human Sciences and UNCG

• Attend departmental academic and social activities
  – Social events (e.g., picnic on Aug 22!)
  – Monthly lunch and learn
  – Faculty job talks

• Ask advanced graduate students about their mentors
Making a good first impression

• Review email etiquette –
  – Use an informative subject header
  – Use a proper title: Dr. or Professor Name
    • If you are unsure, find online
    • Follow their lead (some will be okay with first name, but wait to see how they reply or if they give permission)
  – Avoid “Hey” or other overly familiar greetings
  – Professional (e.g., no typos; full sentences)
  – Make your request clear but brief
Making a good first impression

• Your first meeting
  – Goals:
    • Make a good impression
    • Establish working relationship
    • Determine fit
  – Highlight:
    • Your shared interests
    • Your motivation, initiative
    • Your skills and strengths
    • Your goals
Being a good mentee

• See attached table