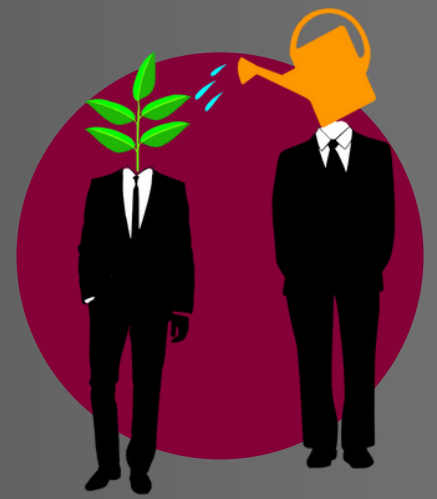


MEET A MENTOR

Kickoff Event



MEET A MENTOR Preparation Guide

What is a Mentor?

A mentor is someone who guides and supports you through your research journey and helps you navigate your academic and career pathway. Mentors provide advice, resources, and expose you to new opportunities to help achieve your goals. They could be a professor or anyone with expertise in your field of interest. A mentor also gives guidance on how to publish your work, how to apply for funding, and the possibility of securing a strong letter of recommendation for graduate school.

Before meeting with prospected mentors at the Meet a Mentor Kickoff Event, prepare questions that you would like to ask and bring copies of your **Resume or CV**. Below are some sample questions...

Ask for Advice and Guidance:

- How can I prepare myself before starting research?
- Are there any articles/readings recommended to prepare for this research?
- Is there anything specific you are looking for in a mentee?
- In your experience, what makes a student successful who is new to research?

Ask about Scheduling and Flexibility:

- How many hours a week do students in your lab/team normally work? Will my hours be flexible?
- How often do you meet with your mentees?
- What are your communication and/or learning preferences?
- Do students work during the breaks (spring, summer, winter)?
- Can I stay involved until the completion of this research project?

Ask about Logistics and Expectations:

- What kind of tools, equipment, or techniques do you use in your research?
- What are some concepts I can expect to learn?
- Is there any training I need to complete before starting?
- Are there any mandatory meetings I must attend?
- What role will I be expected to play in your research? Will I have my own project? Or will I be contributing to a larger research project?
- What kinds of projects have other students worked on in the past?
- Is there a possibility for me to contribute to a publication and learn more about the process?

What to do within 48 hours after your meeting...

Out of professional courtesy, follow up with a thank you email, which can also be used as an open line of communication. At this time, you may want to follow up on your discussion, request to visit their research lab and/or attend a team meeting, or maybe even inquire about the opportunity of joining their team!