Getting the Mentoring You Need

What kind of mentoring do you need?

Consider:
• What skills, information, and abilities do you feel you have?
• What skills, information, and abilities do you think you need to develop?
• What mentoring needs did you identify?
• How well do you think your current mentor or advisor (or mentors/advisors) can help you meet these needs?

Attributes of positive mentors:

Look for:
• Shared interests
• Motivation to mentor
• Availability
• Useful skills
• Positive reputation in the department, university, and field

When interacting with a mentor, it is important to:
• Have realistic expectations
• Clarify roles and responsibilities
• Be efficient in your interactions
• Take yourself seriously
• Be open to criticism and feedback
• Be responsible – initiate communication
• Try out advice and provide feedback
• Respect boundaries

Problems can come up with the student or mentor:

Various issues may arise:
• Mismatch in interests, goals, communication styles
• Unrealistic expectations
• Conflicting styles

If issues come up students should:
• Identify the problem or issues
• Consult with other mentors or other supportive people or from institutional resources

Find more Professional Development Resources under the “current students” tab of our web:

http://graduate.utep.edu