

June L&L notes: June 13, 2018

Mentoring and Networking

Note: the slides of the presentation are also available on our website. These notes make more sense when paired with the slides.

Networking and mentoring go together so both were discussed here.

Traditional mentoring has a less advanced person paired with a more advanced person.

To have a single mentor has some benefits, like having no conflicting pieces of advice. It is easier to get stuck, however, and there may be conflicts of interest with having a single mentor.

Great mentors are worth their weight in gold.

Mentoring is designed to navigate the institution, and both should benefit from the relationship.

When looking for a mentor, ask what you need for your stage in your career and convey that.

Do a regular review with how you are doing – not dissimilar to the yearly reviews that faculty undertakes.

There is a competency checklist from the National Postdoc Association for what a Postdoc should be able to do (<https://cdn.ymaws.com/www.nationalpostdoc.org/resource/resmgr/Docs/competency-checklist.pdf>).

How do you add mentors or networks?

- Reach out to your committee (if you have one)
- Conferences – like at a poster

Reflect on yourself – do I want someone like me or someone different?

Contribute to your long-term research

Set small doable things to do, so that networking works for people are exhausted by networking – such as talking to two people you don't know, or talking to someone at their poster

Outside Article worth reading: Networking for Actual Human Beings by David Burkus April 19, 2018 (<https://www.wsj.com/articles/networking-for-real-people-1524150876>)

Conversational questions are dependent on the situation. You can connect to people through hobbies.

There are multiple mentors that you may need: research, personal, career, etc.

End mentoring relationship with dignity and grace.