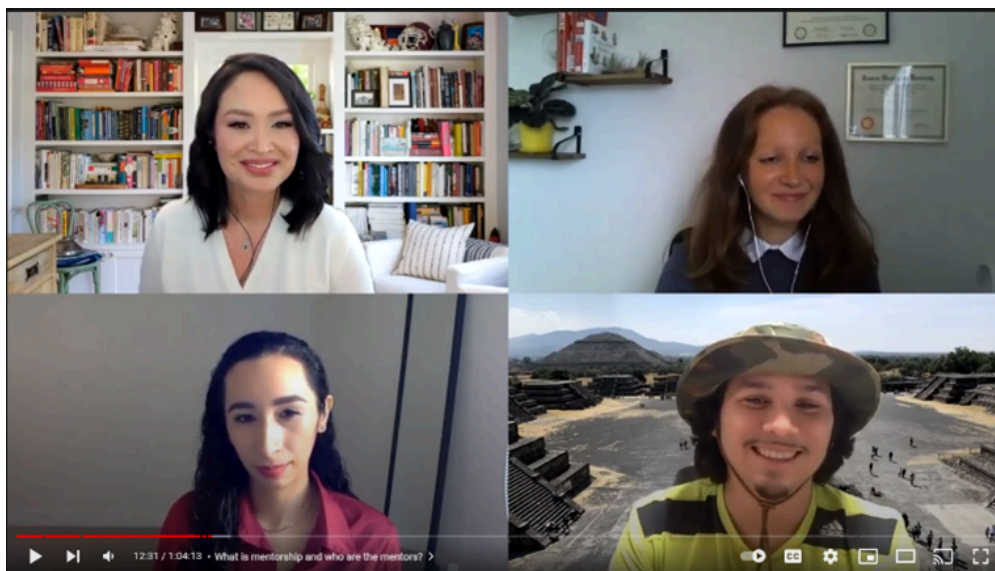




# How to Identify Mentors in Your Scientific Journey

Mentorship is a core component in the success of individuals pursuing careers in STEM fields. We understand that identifying a mentor can be challenging, but don't be afraid!

Mentors are there to help you succeed. A good mentor should be able to guide you and challenge you along your path, and if they cannot do so they will direct you to other resources or additional mentors that can help.

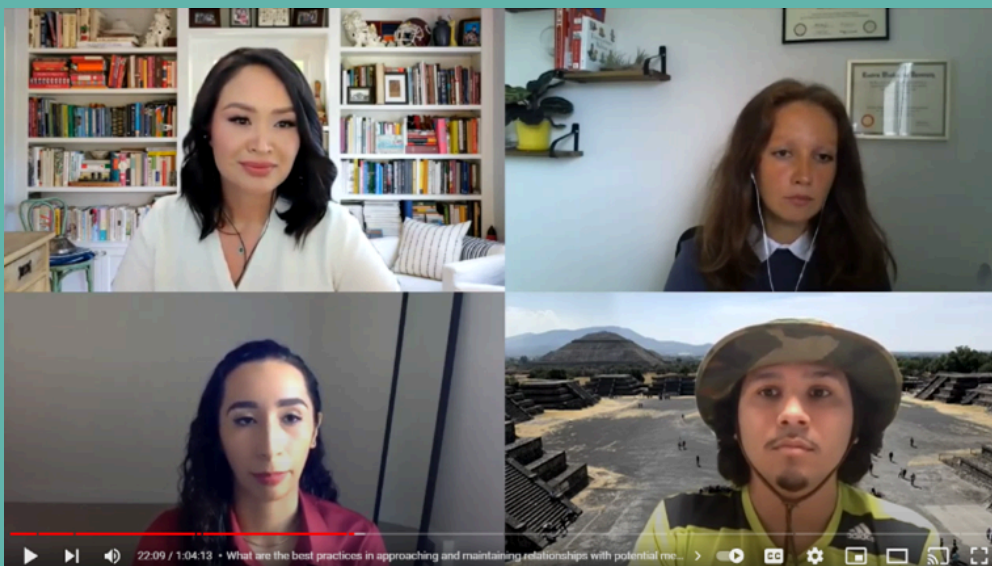


Click the video above and watch until 21:45 to hear our panelists talk on this subject

# How can you identify mentor(s) and maintain this relationship?

- Understand that STEM mentors are all around you! These could be professional mentors (such as your PI) but also peer mentors (such as a classmate or lab mate).
- Take the time to introduce yourself, whether it be through email or in-person, and establish a friendship with your prospective mentor.
- The key is communication! Discuss with your prospective mentor what your expectations are, your current mentoring needs, and how they may guide you and help you succeed in your career path.

## What are the best practices in approaching and maintaining relationships with potential mentors?

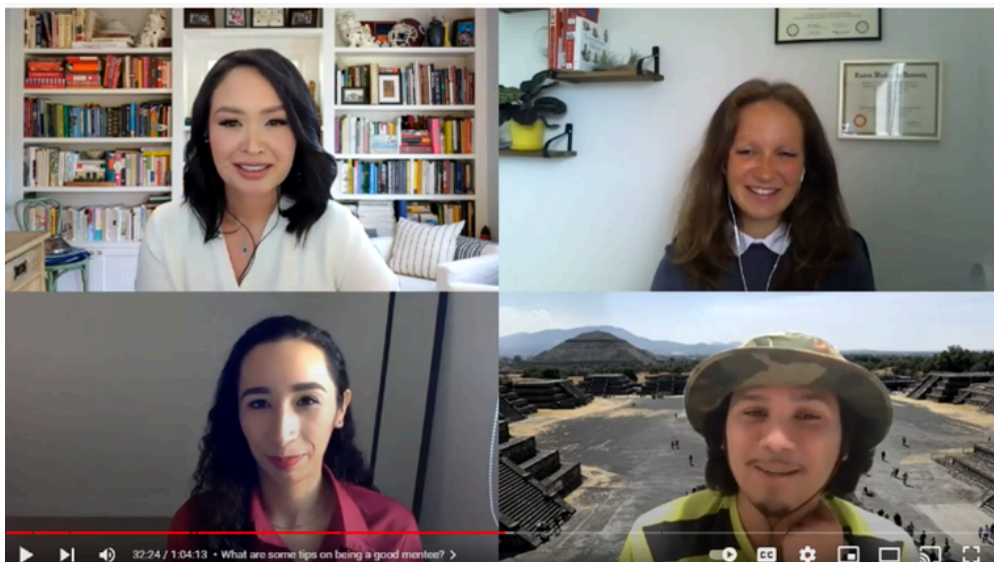


# How can you cultivate relationships?

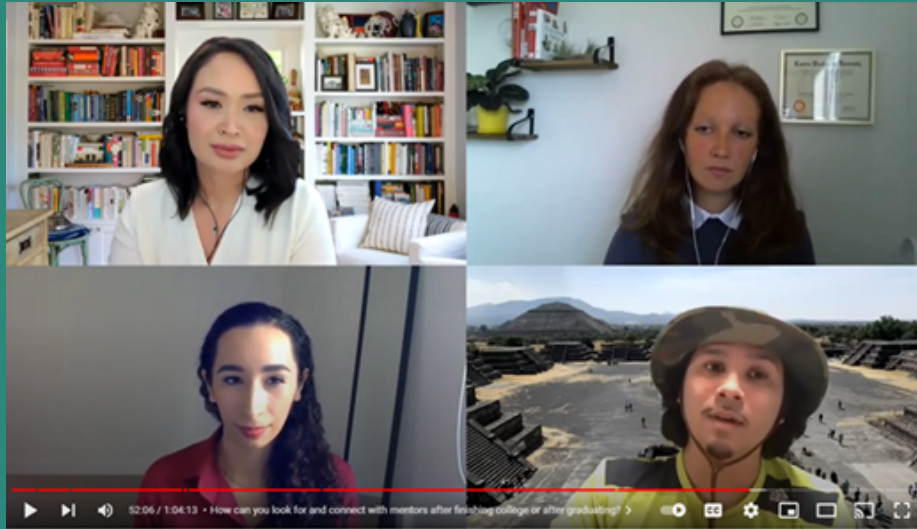
**Cultivating relationships with mentors also means you are aware of the need to be a good mentee. Let's discuss some tips on being a good mentee and staying connected to your mentors!**

- A mentee should be willing to communicate often and share their career goals, their accomplishments, and their struggles with their mentor.
- Provide important updates to your mentor, whether it be a graduation or an important life event. Mentors love to hear updates from their mentees!
- By maintaining relationships with your mentor(s), they can provide advice at your current stage and connect with your future career positions.

## **What are some tips on being a good mentee?**



# How can you connect with mentors after graduating or leaving the lab?



Click the video above and watch until 55:00 to hear our panelists talk on this subject

**Keep in mind, you are not restricted to having just one mentor! You can identify and have several mentors in different fields and at different career stages that will help guide you along your scientific journey!**

**Resource: “The Value of Mentorship” video, click [here](#)**

# **Apply these skills at 2025 NDiSTEM!**

While at 2025 SACNAS NDiSTEM, we encourage our attendees to apply the skills they learned above, be proactive and identify new mentors through many opportunities:

- 1) Sign up as a mentee for the annual “1-on-1 mentoring with a SACNAS leader” workshop at the conference.
- 2) Attend our professional development sessions and reach out to the session speakers for advice.
- 3) Attend our networking sessions and develop new friendships with peer mentors,
- 4) Attend Conversations with Scientists and meet and speak with mentors in your own fields. Mentors answer specific questions, and also share their own educational and professional stories.

However you identify your mentors, the best part is that these relationships don't need to end after one interaction. We encourage you to be proactive and reach out to mentors, whether they be SACNAS leaders, other professionals, or peer mentors, at the 2025 NDiSTEM conference but also in your professional careers and continue these vital relationships throughout your scientific journey.

# NOTES