



SACNAS

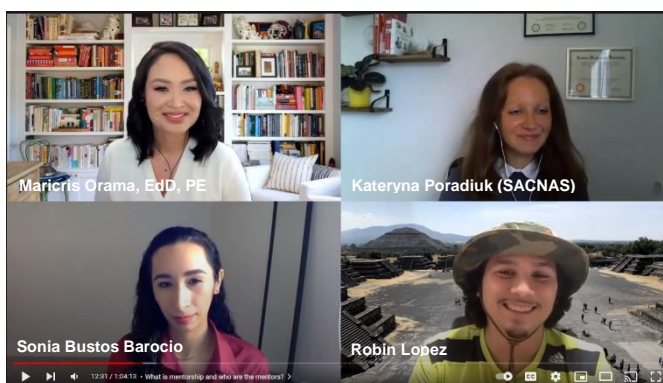
Achieving True Diversity in STEM

How to Identify Mentors in Your Scientific Journey

By: Elizabeth Aguilera, PhD

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.

What is mentorship and who are mentors?

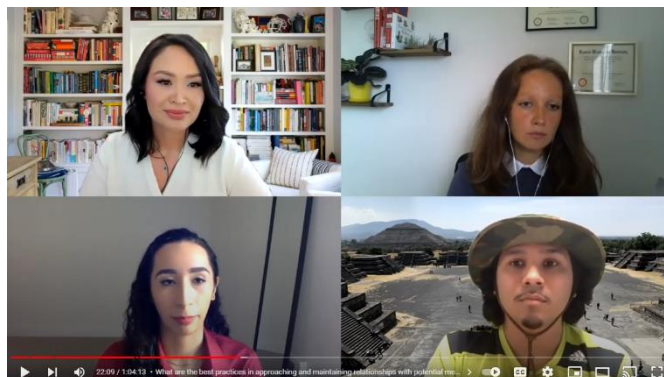


Click the video above and watch until 21:45 to hear our panelists talk on this subject

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 labmate).
- 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?



Click the video above and watch until 32:00 to hear our panelists talk on this subject

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:

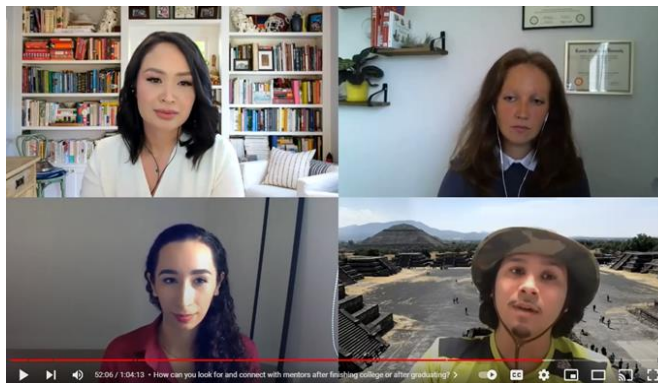
- A mentee should be willing to communicate often and share their career goals, their accomplishments, and their struggles with their mentor.
- Provide important updates to your mentor, whether it be a graduation or an important life event. Mentors love to hear updates from their mentees!
- By maintaining 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?



Click the video above and watch until 42:45 to hear our panelists talk on this subject

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 have identify and have *several* mentors in different fields and at different career stages that will help guide you along your scientific journey.

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

Apply these skills at the 2021 NDiSTEM Digital Conference!

While at 2021 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 “6th Annual 1-on-1 mentoring with a SACNAS leader” workshop at the conference. 2) Navigate the directory in Juno for mentors within your field or in a field you find most interesting to pursue as a future career option. 3) Attend our professional



development sessions and reach out to the session speakers for advice. 4) Attend our networking sessions and develop new friendships with peer mentors.

However you identify your mentors, the *best part* is that these interactions 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 2021 NDiSTEM conference but also in your professional careers and continue these vital relationships throughout your scientific journey.

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