

Title: Mentoring Reception: End of the First Round and Next 2014-2015 Mentoring Program

Speakers: Ayesha Islam, Ph.D., and Cristina Vazquez Mateo, Ph.D.

Open to: Graduate Students and Postdocs

Date: Monday, August 25, 2014

Location: L-109A/B BU School of Medicine Instructional Bldg.

Time: 5:00-6:00 P.M.

Additional Information: Email: yolanta@bu.edu to RSVP.

Description: This October 2014 to June 2015, the Office of Professional Development and Postdoctoral Affairs (OPDPA) would like to give BU Postdocs and Graduate Students the opportunity to participate in small group mentoring circles of 3-5 mentees that will be paired with 1-2 mentors. This will be a forum for career exploration, self-discovery and a safe and confidential space to seek advice and varied perspectives. We hope that groups will get to know one another, become each others advocates and accountability partners. A commitment to attend and participate in at least six monthly sessions will be required (contracts will be signed), as well as setting personal growth and group exploration goals.

We will attempt to match individuals based on interest areas. So far, we have recruited mentors from Academics (some with industry funding), Industry Group Leaders, Clinical Research Coordinators and Collaborative Program Managers. Please, tell us if you have specific areas of interest you would like to explore in a circle so we can be responsive to your needs. **If you would like to participate in this program, please fill out the Matching Form:**
<http://www.bumc.bu.edu/gms/gateway/professionaldevelopmentopdpa/30436-2/mentoring-circle-program/>

Mentees: will be required to attend as many sessions as possible (at least 6 of 8 during the months of October 2014 to June 2015) and participate actively by preparing workshop materials, readings and questions. Being engaged in the mentoring process means taking initiative to help mentor to help you. An initial skills assessment could be suggested for the first session (my IDP: <http://myidp.sciencecareers.org/>)

Mentors: the commitment we will ask for is to attend the training session described below and then 8 hours during the months of October 2014 to June 2015. You will decide your priorities with your group of Mentees for topics for your sessions and you may distribute session discussion preparation responsibilities with the mentees.

Dr. Joanne Kamens (Addgene Executive Director) will give a **workshop/training** for all the enrolled mentors and mentees on **October 6th from 5:30-8 pm** at the room L-109A/B/C (BU Medical School, 72 E Concord street, Boston MA) to guide you through the mentoring experience. Pizza will be served.

Topics suggested: CV and job applications workshop, Time management, Alternative career paths, Grant writing tips and tricks, Interviewing, Psychological tests and learning style tests, Work-life balance, What it takes to make it in a given area, How to influence people/effective communication, Troubleshooting issues in lab, Conflict resolution, Management and budgeting,

Establishing goals and measuring achievement: career planning, Skills assessment tools and identification of training needs (my IDP?), Networking and organizations to become involved in, Articles/books, etc.

Mentoring links:

<http://blog.addgene.org/what-makes-a-good-mentor-and-6-more-faqs-about-science-mentoring>

<http://biocareers.com/bio-careers-blog/avoid-creating-mini-me-train-now-become-good-mentor>

For more information, please email the organizers: Ayesha ayeshaislam@gmail.com or Cristina crisvm@bu.edu