

# Successful Mentoring Relationships

## A MENTOR...

- Guides, trains, and advises early career scientists and fosters their career development
- Models responsible behavior and ensures proper training and knowledge to foster research integrity



**EFFECTIVE MENTORSHIP REQUIRES A COLLABORATIVE, COMMITTED, AND SUSTAINED RELATIONSHIP. FOLLOW THESE TIPS:**

**1**

### TIPS FOR MENTORS:

- Discuss expectations together
- Hold regular meetings to offer guidance and feedback
- Be available and approachable

**2**

### TIPS FOR MENTEES:

- Ensure you understand what is expected of you
- Be open to feedback and use it to change your behavior
- Set timelines for yourself and communicate your progress

**3**

### KEY SHARED TIPS:

- Tackle concerns or problems head-on
- Remember: Both mentor and mentee have responsibilities for the success of the mentoring relationship!

**FURTHER RESOURCES:** National Institutes of Health. Office of Intramural Training & Education. Thoughts on choosing a research mentor. [https://www.training.nih.gov/mentoring\\_guidelines](https://www.training.nih.gov/mentoring_guidelines) | U.S. Department of Health and Human Services. Office of Research Integrity. Mentorship. <https://ori.hhs.gov/mentorship-0>