**DAILY LIFE as a Mentor: Experiences and Lessons Learned**

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<td>Author: Nature.Com</td>
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<td>Published: Updated regularly.</td>
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<td>Topic: (Content excerpted from Nature journals.) Welcome to Nature Mentoring, an online resource offering advice and support to scientist mentors and their mentees. This collection includes relevant blog posts from Naturejobs' global community of scientists working across academic, industry, and other sectors.</td>
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<td>LINK: <a href="https://www.nature.com/collections/lhgrjpydm/mentoringsblogs">https://www.nature.com/collections/lhgrjpydm/mentoringsblogs</a></td>
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**TITLE:** Don’t Let Mentoring Burn You Out.  
Author: Ruth Gotian, Christine Pfund, Chaveso Cook, and W. Brad Johnson  
Published: July 29, 2022  
Topic: If you continue to deplete your energy to mentor, no matter how good your intentions, you will eventually be unable to mentor or help anyone at all.  
LINK: https://hbr.org/2022/07/dont-let-mentoring-burn-you-out

**TITLE:** How to Effectively Mentor Students Online.  
Author: Mai P. Trinh  
Published: June 9, 2022  
Topic: When you rarely, if ever, see your students in person, Mai P. Trinh asks, how do you develop supportive relationships and help them successfully finish their degrees and advance their careers?  
LINK: https://www.insidehighered.com/advice/2022/06/09/how-mentor-and-support-grad-students-who-are-all-online-opinion?utm_source=Inside+Higher+Ed&utm_campaign=0d3c435e00-DNU_2021_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-0d3c435e00-197800013&mc_cid=0d3c435e00&mc_eid=dbdcee20ba

**TITLE:** Creating a Culture of Mentoring on Campus.  
Author: Chotsani Williams West  
Published: May 16, 2022  
Topic: Here are six strategies that colleges can use to design mentoring programs to support their students.  
LINK: https://www.facultyfocus.com/articles/academic-leadership/creating-a-culture-of-mentoring-on-campus/

**TITLE:** Mentor vs. Sponsor: What to Know About Each.  
Author: Shannon Flynn  
Published: April 19, 2022  
Topic: Find out what the differences between a mentor and a sponsor are, and how to decide which you need.  
LINK: https://www.makeuseof.com/mentor-vs-sponsor/

**TITLE:** Your Mentoring Program Needs to Be Less Formal.  
Published: March 28, 2022
Topic: The best mentoring relationships are organic and don't have a contract. [link]

**Mentors, mentees adjust to new workplace realities brought on by The Great Resignation.**
Author: Anne Stych, Staff Writer, Bizwomen
Published: Feb 17, 2022, 11:07am EST Updated: Feb 17, 2022, 7:16pm EST
Topic: As senior workers move on, they take with them the insights and experience that provide the underpinnings of good mentoring relationships. [link]

**3 Reasons Mentoring Helps The Mentor, Not Just The Mentee**
Author: Mark C. Perna
Published: Jan 21, 2022
Topic: Three reasons that mentoring benefits not just the mentee, but also the mentor in significant ways. [link]

**Making the Mentor and Mentee Match (infographic)**
Author: Melissa Ezarik
Published: November 16, 2021
Topic: Successful connections between students and mentors often require careful thinking about which individuals are likely to be a good pair. Follow these 10 matchmaking tips. [link]

**Black and Brown Students Want Black and Brown Mentors. What’s a Primarily White Institution to Do?**
Author: S. Brooke Vick
Published: November 10, 2021
Topic: S. Brooke Vick from Muhlenberg College shares three ways mentoring efforts can support students of color. [link]

**Mentoring Matters: The Importance Of Female Mentorship**
Author: Maryann Bruce. Committee of 200 - We are female leaders committed to advancing women in business. Experienced Corporate Director and Former Fortune 100 Division President & CEO, C200 member since 2002.
Published: October 26, 2021
Topic: Women mentoring women is so important—it helps them gain access to opportunities and cultivates their confidence in an often still male-dominated business environment.
Title: Don’t Just Mentor Women and People of Color. Sponsor Them.
Author: Rosalind Chow
Published: June 30, 2021
Topic: Mentorship involves direct support of a protégé, while sponsorship focuses on others’ impressions of that person.
LINK: https://hbr.org/2021/06/dont-just-mentor-women-and-people-of-color-sponsor-them

TITLE: Six mentoring tips as we enter year two of COVID
Author: Ruth Gotian & Christine Pfund
Published: 11 June 2021
Topic: As the world recovers, students will need help to get back on track, say Ruth Gotian and Christine Pfund.
LINK: https://www.nature.com/articles/d41586-021-01598-4

TITLE: What Great Mentorship Looks Like in a Hybrid Workplace
Author: Marianna Tu and Michael Li
Published: May 12, 2021
Topic: You might find that by embracing the digital tools you have, you can build an even more robust mentorship program than you had before.
LINK: https://hbr.org/2021/05/what-great-mentorship-looks-like-in-a-hybrid-workplace

TITLE: Institutional Approaches to Mentoring Faculty Colleagues
Author: Joya Misra, Ember Skye Kanelee and Ethel L. Mickey
Published: March 18, 2021
Topic: To build an inclusive climate for faculty, colleges should develop formal programs for mentoring rather than just leave it to individuals, write Joya Misra, Ember Skye Kanelee and Ethel L. Mickey.
LINK: https://www.insidehighered.com/advice/2021/03/18/colleges-should-develop-formal-programs-mentoring-not-leave-it-individual-faculty

TITLE: Let’s End Career Advice by Anecdote [for Better Mentoring]
Author: Zeb Larson
Published: February 12, 2021
Topic: Unfortunately, people telling you what worked for them simply isn’t very effective because, in all likelihood, they’ve confronted a very different academic job market, and you’re not going to get the search committee that hired them.
LINK: https://www.insidehighered.com/advice/2021/02/12/academe-must-change-how-it-models-career-services-graduate-students-opinion?utm_source=Inside+Higher+Ed&utm_campaign=0b1bf102c2-DNU_2021_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-0b1bf102c2-197800013&mc_cid=0b1bf102c2&mc_eid=dbdcee20ba
5 Ways To Be A Better Mentor—And Get A Return On Your Investment
Author: Mark C. Perna
Published: Jan 26, 2021, 07:30am EST
Topic: Whether you’re a veteran mentor or are just starting a mentoring relationship, these five tips can enhance your skills—while simultaneously driving positive change in your own career.
LINK: https://www.forbes.com/sites/markcperna/2021/01/26/5-ways-to-be-a-better-mentor-and-get-a-return-on-your-investment/?sh=5b54a28b624d

The Art of Scholarly Mentoring (in Research)
Author: Robert Lefkowitz
Published: January 26, 2021
Topic: Nobel Laureate Robert Lefkowitz shares 10 golden rules gleaned from a half century of mentoring hundreds of research trainees.
LINK: https://www.insidehighered.com/advice/2021/01/26/nobel-laureate-shares-10-rules-being-effective-mentor-young-research-scholars

A 5-point Plan for Becoming the Best Mentor You Can Be
Author: Janet T. Phan
Published: January 21, 2021
Topic: The founder of a global STEM mentoring nonprofit says authenticity and transparency are key. Share your own stumbles—and how you overcame them.
LINK: https://www.fastcompany.com/90595519/a-5-point-plan-for-becoming-the-best-mentor-you-can-be

Want to be a better mentor? 7 surprising ways to improve.
Author: S. Mitra Kalita
Published: January 13, 2021 5:00 AM CST
Topic: Nearly three-quarters of Fortune 500 companies have mentoring programs, but many employees still aren't getting the most out of these relationships.
LINK: https://fortune.com/2021/01/13/how-to-be-good-mentor-mentorship-business-work-advice-careers/

How Becoming a Mentor Can Help Your Own Career Development
Author: Shaheryar Sadiq
Published: November 22, 2020
Topic: The benefits of mentorship for the mentor might be subtle, but they are nonetheless very significant.
LINK: https://webwriterspotlight.com/how-becoming-a-mentor-can-help-your-own-career-development

Mentorship and protégé success in STEM fields
Author: Yifang Ma, Satyam Mukherjee, and Brian Uzzi. Proceedings of the National Academy of Sciences of the USA
Published: June 23, 2020 117 (25) 14077-14083; first published June 10, 2020; https://doi.org/10.1073/pnas.1915516117
Topic: Large-scale research data shows that protégés do their best work when they break from their mentor’s research topics and coauthor no more than a small portion of their overall research with their mentors.
LINK: https://www.pnas.org/content/117/25/14077
TITLE: Factors that predict life sciences student persistence in undergraduate research experiences
Author: Katelyn M. Cooper, Logan E. Gin, Barierane Akeeh, Carolyn E. Clark, Joshua S. Hunter, Travis B. Roderick, Deanna B. Elliott, Luis A. Gutierrez, Rebecca M. Mello, Leilani D. Pfeiffer, Rachel A. Scott, Denisse Arellano, Diana Ramirez, Emma M. Valdez, Cindy Vargas, Kimberly Velarde, Yi Zheng, Sara E. Brownell
Published: August 14, 2019
Topic: This research provides important insight into how research mentors can create undergraduate research experiences that undergraduates are willing and able to participate in for as long as possible.
LINK: https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0220186