The MENTEES' PERSPECTIVE: Tips for a Better Experience

TITLE: **You Never Stop Being First-Generation.**
Author: María C. Ledesma
Published: February 25, 2022
Topic: Yet colleges pay far less attention to the plight of graduate students than they do undergrads, and any specialized support for first-gen faculty pretty much trickles to a halt, writes María C. Ledesma.
LINK: https://www.insidehighered.com/advice/2022/02/25/support-first-gens-must-go-beyond-undergraduate-students-opinion?utm_source=Inside+Higher+Ed&utm_campaign=d26d60ff87-DNU_2021_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-d26d60ff87-197800013&mc_cid=d26d60ff87&mc_eid=dbdcee20ba

TITLE: **Three Ways To Celebrate And Foster Mentorship.**
Author: Gracey Cantalupo, Forbes Councils Member
Published: Feb 22, 2022,07:00am EST
Topic: People want more meaning out of work and the connections they make there. This only enhances the value that mentoring has for companies that prioritize it.
LINK: https://www.forbes.com/sites/forbescommunicationscouncil/2022/02/22/three-ways-to-celebrate-and-foster-mentorship/?sh=2c9739bc28e1

TITLE: **How to Find a Mentor**
Author: Amy Drader
Published: May 13, 2021
Topic: People who have mentors experience improved performance and job satisfaction and the mentors feel more organizational commitment and career success.
LINK: https://www.business2community.com/leadership/how-to-find-a-mentor-02405013

TITLE: **Don't Destroy Your Mentorship Opportunity With These 4 Tragic Mistakes**
Author: Dana Brownlee, Senior Contributor. I help professionals navigate workplace challenges.
Published: April 6, 2021
Topic: If you're seeking a mentor or have recently secured one, steer clear of these four tragic mistakes.
LINK: https://www.forbes.com/sites/danabrownlee/2021/04/06/dont-destroy-your-mentorship-opportunity-with-these-4-tragic-mistakes/?sh=64bdc6b758fd

TITLE: **Why seek a single mentor when you can have three — or more**
Author: Anna Henschel
Published: 25 November 2020
Topic: Anna Henschel's experience in seeking out a board of mentors enabled her to build a powerful support structure.
LINK: https://www.nature.com/articles/d41586-020-03339-5

TITLE: **“Where’s My Mentor?!” Characterizing Negative Mentoring Experiences in Undergraduate Life Science Research**
Author: Lisa B. Limeri, Muhammad Zaka Asif, Benjamin H. T. Bridges, David Esparza, Trevor T. Tuma, Daquan Sanders, Alexander J. Morrison, Pallavi Rao, Joseph A. Harsh, Adam V. Maltese, and Erin L. Dolan
Published: 22 Nov 2019. American Society for Cell Biology. CBE—Life Sciences Education, Vol. 18, No. 4. https://doi.org/10.1187/cbe.19-02-0036
Topic: Undergraduate researchers in our study reported seven major ways they experienced negative mentoring: absenteeism, abuse of power, interpersonal mismatch, lack of career support, lack of psychosocial support, misaligned expectations, and unequal treatment.
LINK: https://www.lifescied.org/doi/10.1187/cbe.19-02-0036

TITLE: **How to Create a Better Mentor for Yourself**
Author: Michael Schwalbe
Published: November 21, 2019
Topic: Michael Schwalbe offers five suggestions for how you can get the most out of such a relationship. A mentee can do a lot to help your mentor do better and give more.
LINK: https://www.insidehighered.com/advice/2019/11/21/how-get-most-out-your-relationship-mentor-opinion?utm_source=Inside+Higher+Ed&utm_campaign=9f72224ccb-WNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-9f72224ccb-197800013&mc_cid=9f72224ccb&mc_eid=dbdcee20ba

TITLE: **Ten tips for finding an effective mentor**
Author: David Payne. Naturejobs | Naturejobs Blog
Published: 25 Jan 2017 | 13:00 GMT |
Topic: The meandering path to a career in science offers challenges that can be difficult to confront alone. Finding an effective mentor who offers advice and inspiration can help you navigate the maze successfully, say Andrew Gaudet and Laura Fonken.
LINK: http://blogs.nature.com/naturejobs/2017/01/25/ten-tips-for-finding-an-effective-mentor/