**ARTICLES: Daily Life as a Mentor: Experiences and Lessons Learned**

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BLOG (Check Regularly): **Nature.Com Mentoring.**

Author: Nature.Com

Published: Updated regularly.

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.

LINK: <https://www.nature.com/collections/lhgrjpzydm/mentoringsblogs>

TITLE: **How to Mentor More People — and Not Get Burned Out.**

Author: Kavitha Ranganathan and Michael Englesbe

Published: January 02, 2024

Topic: While mentoring people can be extremely rewarding, it has its challenges. It can be time-consuming and frustrating. However, if you structure and administer mentorships wisely, you can overcome the challenges, excel in being a mentor, and enhance your standing in your organization. Five strategies can help: divide your mentees into teams, set expectations with mentees early, use technology to your advantage, brand your efforts, and hold your organization accountable for providing the time and funding that meaningful mentorships require.

LINK: <https://hbr.org/2024/01/how-to-mentor-more-people-and-not-get-burned-out>

TITLE: **How Mentor And Mentee Can Help Each Other.**

Author: Greta Faccio, Maria Koumouri

Published: 11 September 2023

Topic: Mentorship is a symbiotic relationship. Here, two scientists look at steps in the meeting process and benefits from both sides.

LINK: <https://www.timeshighereducation.com/campus/how-mentor-and-mentee-can-help-each-other>

TITLE: **7 Ways to Maximize Mentor Relationships [in Business].**

Author: Ray Titus

Published: September 1, 2023

Topic: A solid mentoring program can be the backbone of any company if it is done right. Here are seven ways to ensure yours is effective.

LINK: <https://www.entrepreneur.com/leadership/7-tips-to-maximize-mentor-relationships-in-business/458147>

TITLE: **The Importance Of Mentorship [to the Mentee and the Mentor].**

Author: Bhupendra Paintola

Published: December, 2022

Topic: A mentor-mentee relationship is a symbiotic relationship in which both parties benefit. Contrary to the common belief that the mentee reaps all the benefits, a mentor also gets to experience an array of upsides.

LINK: <http://bwhealthcareworld.businessworld.in/article/The-Importance-Of-Mentorship/30-12-2022-459895/>

TITLE: **Leading Through Mentorship: A Guide To The Ups And Downs.**

Author: Anna Chur-Hansen, The University of Adelaide

Published: 29 Nov 2022

Topic: Anna Chur-Hansen reflects on her experiences as a mentee and mentor, how this skill can be developed and how it contributes to the building of a meaningful career.

LINK: <https://www.timeshighereducation.com/campus/leading-through-mentorship-guide-ups-and-downs>

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.**

Author: Ruth Gotian Ed.D., M.S., Optimizing Success. Reviewed by Ekua Hagan.

Published: March 28, 2022

Topic: The best mentoring relationships are organic and don't have a contract.

LINK: <https://www.psychologytoday.com/us/blog/optimizing-success/202203/your-mentoring-program-needs-be-less-formal>

TITLE: **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: <https://www.bizjournals.com/bizwomen/news/mentoring-matters/2022/02/mentoring-change-great-resignation.html?page=all>

TITLE: **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: <https://www.forbes.com/sites/markcperna/2022/01/21/3-reasons-mentoring-helps-the-mentor-not-just-the-mentee/?sh=4f55cc4c1e98>

TITLE: **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: <https://www.insidehighered.com/news/2021/11/16/dos-and-donts-matching-students-mentors-infographic?utm_source=Inside+Higher+Ed&utm_campaign=9254f7882d-DNU_2021_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-9254f7882d-197800013&mc_cid=9254f7882d&mc_eid=dbdcee20ba>

TITLE: **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: <https://www.insidehighered.com/views/2021/11/10/how-primarily-white-institution-supports-students-color-opinion?utm_source=Inside+Higher+Ed&utm_campaign=9c932446bb-WNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-9c932446bb-197800013&mc_cid=9c932446bb&mc_eid=dbdcee20ba>

TITLE: **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.

LINK: <https://www.forbes.com/sites/committeeof200/2021/10/26/mentoring-matters-the-importance--of-female-mentorship/?sh=476fb744ccaa>

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>

TITLE: **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>

TITLE: **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>

TITLE: **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>

TITLE: **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/>

TITLE: **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>

TITLE: **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>