**ARTICLES: Mentoring Recommended Readings – The MENTEES’ PERSPECTIVE: Tips for a Better Experience**

*Revised June 26, 2024.* - jpgomez@ollusa.edu

TITLE: **The Importance of Setting Boundaries with Your Mentor.**

Author: Janice Omadeke

Published: June 05, 2024

Topic: Rest assured, despite the challenge, it is possible to set, create, and reinforce boundaries with your mentor in a respectful way.

LINK: <https://hbr.org/2024/06/the-importance-of-setting-boundaries-with-your-mentor>

TITLE: **The Incalculable Benefits of an Advisory [Mentoring] Network**.

Author: Anne Meyer-Miner

Published: February 05, 2024

Topic: It expands upon the idea of mentorship and broadens who can help you make decisions as you chart your career journey, writes Anne Meyer-Minor.

LINK: <https://www.insidehighered.com/opinion/career-advice/carpe-careers/2024/02/05/benefits-career-advisory-network?utm_source=Inside+Higher+Ed&utm_campaign=46a21283e4-DNU_2021_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-46a21283e4-197800013&mc_cid=46a21283e4&mc_eid=dbdcee20ba>

TITLE: **Getting the Mentoring You Need [Mentees’ Perspective].**

Author: Bill Mahoney and Jaye Sablan

Published: October 09, 2023

Topic: Bill Mahoney and Jaye Sablan share advice on how grad students can shape working relationships with faculty in ways that help them feel supported and be successful.

LINK: <https://www.insidehighered.com/opinion/career-advice/2023/10/09/how-grad-students-can-shape-successful-mentoring-relationships?utm_source=Inside+Higher+Ed&utm_campaign=9cc6610be0-WNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-9cc6610be0-197800013&mc_cid=9cc6610be0&mc_eid=dbdcee20ba>

TITLE: **Finding the Right Mentor at the Right Time.**

Author: Shailee Koranne

Published: June 26, 2023

Topic: It could be just what you need to take the next step in your career journey, and identifying and working with one is easier than you might think, writes Shailee Koranne.

LINK: <https://www.insidehighered.com/opinion/career-advice/carpe-careers/2023/06/26/identifying-and-working-right-mentor-right-time?utm_source=Inside+Higher+Ed&utm_campaign=f6282ca42e-DNU_2021_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-f6282ca42e-197800013&mc_cid=f6282ca42e&mc_eid=dbdcee20ba>

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: **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/>