**ARTICLES: Mentoring Recommended Readings – Improving as a Mentor: Skill Building.**

*Revised March 26, 2025.* [jpgomez@ollusa.edu](mailto:jpgomez@ollusa.edu)

TITLE: **5 Reasons Why Mentoring Young People Will Make You a Better Leader.**

Author: William Louey, Edited by Chelsea Brown

Published: March 21, 2025

Topic: Mentoring can have a myriad of positive effects on both the mentor and the mentee. This article explains how.

LINK: <https://www.entrepreneur.com/leadership/how-mentoring-young-people-makes-you-a-better-leader/487913>

TITLE: **Good Mentorship Is Key to Workplace Success and Happiness.**

Author: Alison Escalante M.D., Shouldstorm

Published: June 21, 2024 | Reviewed by Davia Sills

Topic: People with mentors generally out-earn and out-perform those without.

LINK: <https://www.psychologytoday.com/us/blog/shouldstorm/202406/good-mentorship-is-key-to-workplace-success-and-happiness>

TITLE: **Trust the Process: Helping Students Overcome Imposter Syndrome.**

Author: David Stoddard

Published: August 11, 2023

Topic: Faculty and staff members who interact with students can take five actions to help those with self-doubt and other struggles that may impact completion of a degree, writes David Stoddard.

LINK: <https://www.insidehighered.com/opinion/views/2023/08/11/5-ways-retain-students-feeling-imposter-syndrome-opinion>

TITLE: **The Art and Science of Mentoring Students.**

Author: Melissa Brevetti, PhD

Published: July 12, 2023

Topic: Seven actions for effective mentoring.

LINK: <https://www.facultyfocus.com/articles/teaching-and-learning/the-art-and-science-of-mentoring-students/?st=FFdaily%3Bsc%3DFF230712%3Butm_term%3DFF230712&mailingID=5166&utm_source=ActiveCampaign&utm_medium=email&utm_content=The+Art+and+Science+of+Mentoring+Students&utm_campaign=FF230712>

TITLE: **Flipping Faculty from Guide on the Side to Mentor in the Center.**

Author: Erica Blumenstock

Published: December 19, 2022

Topic: Try incorporating the following steps in the classroom to develop a safe mentoring classroom environment.

LINK: <https://www.facultyfocus.com/articles/blended-flipped-learning/flipping-faculty-from-guide-on-the-side-to-mentor-in-the-center/>

TITLE: **How to Mentor in a Remote Workplace.**

Author: Ellen A. Ensher, W. Brad Johnson, and David G. Smith

Published: March 22, 2022

Topic: To master virtual mentoring and build effective developmental relationships, managers and leaders need to sharpen five skills.

LINK: <https://hbr.org/2022/03/how-to-mentor-in-a-remote-workplace>

TITLE: **Getting More Out Of Your Mentoring Relationship**

Author: Dr. Ruth Gotian, Contributor Careers

Published: Feb 1, 2022

Topic: I spoke to some of the world’s top mentoring experts to get their insights on how we can do better.

LINK: <https://www.forbes.com/sites/ruthgotian/2022/02/01/getting-more-out-of-your-mentoring-relationship/?sh=5fd8b84617a5>

TITLE: **Students Need Mentors, and More Help in Making Those Connections**

Author: Melissa Ezarik

Published: October 28, 2021

Topic: Nine strategies and tactics for ensuring more students desire a mentor and expanding opportunities for connection.

LINK: <https://www.insidehighered.com/news/2021/10/28/teaching-students-how-mentors-can-help-expanding-mentorship-programs>

TITLE: **Online Mentorship: A Worthwhile Investment**

Author: Tyler Snyder and Lynne N. Kennette, PhD

Published: December 11, 2020

Topic: We describe our experience with a specific platform, which is an initiative that can provide overwhelming benefits to students during this global pandemic and has the potential to be applied across a wide variety of institutions and disciplines.

LINK: <https://www.facultyfocus.com/articles/teaching-and-learning/online-mentorship-a-worthwhile-investment/?st=FFWeekly%3Bsc%3DFFWeekly201211%3Butm_term%3DFFWeekly201211&utm_source=ActiveCampaign&utm_medium=email&utm_content=On-the-Fly+Assessment+Strategies+for+the+Active+Learning+Classroom%E2%80%AF&utm_campaign=FF201211>

TITLE: **How to navigate conflict with your research adviser-mentor.**

Author: Jay J. Van Bavel , William A. Cunningham, Leah H. Somerville, Neil A. Lewis, Jr.

Published: Nov. 17, 2020 , 5:05 PM

Topic: We break down advice for trainees based on what type of mentor they’re dealing with—a good mentor, a bad mentor, or a toxic one—and encourage faculty to play a role in changing their own mentoring and improving the culture of scientific training.

LINK: <https://www.sciencemag.org/careers/2020/11/how-navigate-conflict-your-research-adviser>

TITLE: **Tips for Presenting Research on Zoom**

Author: Sophie Prosolek

Published: January 05, 2020

Topic: Exactly how to deliver a strong and impressive research presentation very much depends upon both the nature of your work and the nature of your audience; however, a few key cornerstones of success remain the same.

LINK: <https://www.hellobio.com/blog/tips-for-presenting-research-on-zoom.html>

TITLE: **The Way of Leo: 5 Lessons on Academic Mentorship**

Author: Alvaro Huerta

Published: June 14, 2019

Topic: Alvaro Huerta shares what he learned from a cherished mentor, who knew how to help marginalized people from disadvantaged backgrounds succeed in higher education.

LINK: <http://www.insidehighered.com/advice/2019/06/14/how-mentor-academics-especially-those-disadvantaged-backgrounds-opinion?utm_source=Inside+Higher+Ed&utm_campaign=f99af97ce8-WNU_COPY_01&utm_medium=email&utm_term=0_1fcbc04421-f99af97ce8-197800013&mc_cid=f99af97ce8&mc_eid=dbdcee20ba>

TITLE: **Three research-based lessons to improve your mentoring**

Author: Jay J. Van Bavel , June Gruber, Leah H. Somerville, Neil A. Lewis, Jr

Published: Mar. 13, 2019 , 4:20 PM

Topic: Our capacity for growth as mentors is a lifelong journey.

LINK: <https://www.sciencemag.org/careers/2019/03/three-research-based-lessons-improve-your-mentoring>

TITLE: **Advice on Advising: How to Mentor Minority Students**

Author: Shampa Biswas

Published: March 13, 2019

Topic: Based on my (continuing) experiences on this front, I offer the following lessons I’ve learned. I hope they will be of value to all faculty members, but especially to those who disproportionately take on the responsibilities of advising minority students.

LINK: <https://www.chronicle.com/article/Advice-on-Advising-How-to/245870?cid=wb&utm_source=wb&utm_medium=en&cid=wb>

TITLE: **Mentoring Underrepresented Students in STEMM: A Survey and Discussion**

Author: Ebony McGee

Published: 2019

Topic: This article outlines the best mentoring practices for underrepresented and marginalized students in the STEMM disciplines. This paper was commissioned for the Committee on Effective Mentoring in STEMM.

LINK: <https://www.nap.edu/resource/25568/McGee%20-%20STEMM%20Mentoring%20Identity.pdf>

TITLE: **Mentoring beyond Hierarchies: Multi-Mentor Systems and Models**

Author: Beronda L. Montgomery and Stephani C. Page

Published: 2019

Topic: Some of the forms of mentoring that we will discuss include platforms that encourage regular interaction, promotion of social influence, and mentee socialization. This paper was commissioned for the Committee on Effective Mentoring in STEMM.

LINK: <https://www.nap.edu/resource/25568/Montgomery%20and%20Page%20-%20Mentoring.pdf>

TITLE: **The Importance of Mentoring in Science & Tips for New Mentors**

Author: Maria Valesco, Post-doctoral researcher, Trinity College Dublin, Ireland

Published: 2019

Topic: As PhDs and early postdoc researchers, we are often asked to become mentors for younger students too, so here are some tips that will hopefully help you enjoy and learn from the whole experience.

LINK: <https://www.hellobio.com/blog/the-importance-of-mentoring-in-science-and-tips-for-new-mentors.html>

TITLE: **Nature's guide for mentors**

Author: Adrian Lee, Carina Dennis & Philip Campbell

Published: 13 June 2007. Nature volume 447, pages791–797(2007)

Topic: Having a good mentor early in your career can mean the difference between success and failure in any field. Adrian Lee, Carina Dennis and Philip Campbell look at what makes a good mentor.

LINK: <https://www.nature.com/articles/447791a>