



Information Packet for a Potentially Successfully Mentoring Relationship Wolfpack Women in Science Mentoring Program

Benefits of a Mentoring Relationship

Mentee

- Increased self-confidence
- Encouragement
- Increased desire to pursue a science career
- Networking within various science fields
- Learning to build relationships with women at different levels
- Learning what it takes to pursue a career science fields
- Expanding knowledge of various science areas, opportunities, and technologies

Mentor

- Personal contentment
- Professional development
- Increased mentoring skills
- Opportunity for self-reflection
- Opportunity to be able to bring and keep skilled women in the sciences
- Opportunity to share experiences about various science field, experiences and other issues related to women in the sciences

Who can participate?

All women interested in science or in science fields at all levels from high school up to faculty. We will match you based on your responses, and will assign you to a mentor or mentee based on status or individual requests. For example, a freshman will not be paired with another freshman, but will probably be paired with a senior or graduate student, unless or otherwise requested.

Once you are matched

Once we have matched you, please contact your mentor/mentee via their preferred contact method (usually email) as soon as possible. Establish what you would like out of the relationship and expectations from each other. Set rules or boundaries regarding topics, if necessary.

Suggestions

All presented ideas are not mandatory; they are only suggestions that we believe will make your mentoring relationship more successful.

Suggested minimum time per week

30 minutes per week either through emails, phone calls or in person; whichever is best for both parties.

Topics Suggestions

- -Background: academic, personal etc
- -Research
- -Interests: personal, academic, etc
- How you got to where you are now (both a question for mentor and mentee)
- How to achieve or be successful in science fields

Suggestions of Things to Do in Person

- Go for Coffee
- Go for Donuts
- Have Lunch
- Observe or discuss current or interesting research
- Observe or discuss new technology

What are some of the things it takes to be a good mentor?

Be adaptable and flexible. Remember that your mentee may be young and she may not know what to say or how to say it. Secondly, make suggestions for discussions. It may sometimes be difficult for her to know what exactly she would like to discuss with you. Finally, be responsive. Answer the questions as best as you can and if you can not answer an email promptly (within a week), send a quick email stating this.

If a mentoring relationship does not work out, what do you do?

If you believe the relationship is not working out, please discuss this with the other person. Terminate the relationship completely as soon as possible. End on a friendly note and notify use via email (wwis_ncsu@yahoo.com). If you would like to establish a new relationship, please let us know and we will try to rematch you.



Contract for Mentor and Mentee

Before you formally establish a mentoring relationship, we encourage each partnership to agree upon a contract on which they will abide by.

We encourage you to maintain your mentoring relationship for at least one semester, but you may continue longer.

If you terminate the relationship after one semester, let us know. If you would like to find another match as well, you may either let us know or submit a new application.

Mentor Signature: _____ Date: _____

Mentee Signature: _____ Date: _____

Guardian's Signature (if under 18): _____ Date: _____