

T-MAP Mentoring Worksheet

Your Goals (Mentee)

Prior to meeting with your mentors, take time to think about and write down your professional goals. You may want to identify one-year and five-year goals. For example, a short-term goal might be to identify potential research topics or goals for faculty development over the next few months and a long-term goal might be to plan for promotion.

Short-term Goals (in the next 3-6 months)	Long-term Goals (next 3-5 years)

Prior to your first meeting with your mentor, complete the above worksheet and bring it with you to the T-MAP Orientation Meeting in September. You may want to let them know how you think they could be of assistance to you such as:

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|-----------------|---|---------------------------------------|
| Career Planning | Networking | Establishing goals |
| Problem Solving | Manuscript writing | Grant writing |
| Research Design | Data collection/analysis | Time management |
| Advocate | Finding resources at our academic health center | Professional/personal life challenges |

Additional reflection questions: *(please add this information on the next page)*

1. Are there consistent areas that I continue to struggle with either professionally or that impact my professional life?
2. Are there areas of support that would be meaningful to me in reaching my short- and long-term goals?
3. What else could I share with my mentors so they can provide the mentorship that I need?

Managing Relationships with Your Mentors

Effective mentoring relationships require effort. Here are some tips for developing a working relationship with your mentors:

- Schedule meetings ahead of time and keep them.
- Respect your mentor's time and allow plenty of time for him/her to return items you have asked him/her/them to review.
- Take criticism and guidance with a positive attitude as the mentors are on your side.
- Saying "thank you" is priceless.