/RXLVLDQD 6WDWH 8QLYHUVLW\

Mentorship Resources & Individual Development Plan for Graduate Students and Mentors

'HSDUWPHQW RI *HRJUDSK\ $QWKURSRORJ\

5HYLVHG $XJXVW

Mentoring Resources and Individual Development Plan (IDP)

'HYHORSLQJ DQ ,QGLYLGXDO 'HYHORSPHQW 3ODQ ,'3 FDQ KHOS DQG PHQWRUV DVVHVV \RXU VNLOOV SURJUHVV H[SHFWDWLRQ UHVRXUFHV DUH 237,21$/ DQG WKHUH WR KHOS \RX WDNH FRQWU 7KH IROORZLQJ WRROV DUH GHVLJQHG WR KHOS \RX UHIOHFW RQ SURIHVVLRQDOO\ ZKHUH \RX ZRXOG OLNH WR EH DQG GHILQH V WR \RXU FDUHHU DQG OLIH JRDOV 7KH ,'3 LV VSHFLILFDOO\ GHV

7DNH RZQHUVKLS RI \RXU IRUPDWLRQ DQG SURIHVVLRQDO

3DXVH DQG UHIOHFW RQ \RXU DFWLYLWLHV DQG KRZ WKH\

7KLQN LQWHQWLRQDOO\ DERXW \RXU VKRUW PLG DQG O SHUVRQDO JRDOV

,GHQWLI\ DQG XVH UHVRXUFHV WR KHOS \RX DFKLHYH \RU

+DYH RSHQ KRQHVW DQG GLUHFW FRQYHUVDWLRQV ZLWK

(VWDEOLVK FOHDU DQG UHDOLVWLF H[SHFWDWLRQV

7KH IROORZLQJ UHVRXUFHV FDQ KHOS VWXGHQWV IDFXOW\ GHS GHYHORS HIIHFWLYH PHQWRULQJ SODQV DQG VWUDWHJLHV

0HQWRULQJ 5ROHV DQG)XQFWLRQV

,PSRUWDQFH 4XHVWLRQV %HIRUH 6HOHFWLQJ D 0HQWRU R

6WXGHQW $GYLVRU ([SHFWDWLRQ 6FDOHV

,QGLYLGXDO 'HYHORSPHQW 3ODQ ,'3

P\,'3

,PDJLQH 3K'

7KH 9HUVDWLOH 3K'

Students

6WXGHQWV FDQ FRPSOHWH WKH ZRUNVKHHW WR H[SORUH

7KH VWXGHQW¶V RZQ QHHGV DQG GHVLUHV :KDW GRHV WKH VWX
IRU WKH VWXGHQW¶V RZQ GHYHORSPHQW"

:KDW GRHV WKH VWXGHQW EHOLHYH DQG XQGHUVWDQG WR EH W
RSHUDQGL"

&RPSOHWH WKH ZRUNVKHHW WKH ZRUNVKHHW LGHQWLI\LQJ ERW
SHUFHSWLRQ RI WKH IDFXOW\ DGYLVRU¶V SRVLWLRQ ,I WKH GLI
WKDW VKRXOG SUREDEO\ EH GLVFXVVHG GLUHFWO\

'R DOO RI WKH IDFXOW\ PHPEHUV¶ DGYLVHHV VKDUH VLPLODU XQ
SUHIHUHQFHV DQG PRGXV RSHUDQGL"

'HYHORS D SHUVRQDO DGYLVLQJ SKLORVRSK\ +RZ ZRXOG WKH V
VWXGHQWV LQ WKH IXWXUH" +RZ GRHV WKH VWXGHQW PHQWRU D
JUDGXDWH VWXGHQWV"

Director of Graduate Studies

7KH ZRUNVKHHW FDQ EH XVHG ZLWK D JURXS RI IDFXOW\ PHPEHU

:KDW SRVLWLRQV GR LQGLYLGXDO IDFXOW\ PHPEHUV KROG"
EHVW ZD\ WR SURFHHG"

'RHV WKH GHSDUWPHQW KDYH VRPH H[SHFWDWLRQV WKDW D

'R IDFXOW\ PHPEHUV VKDUH WKH VDPH UHDVRQV RU UDWLRQ

:KHQ DQG KRZ GR IDFXOW\ PHPEHUV GLVFXVV H[SHFWDWLRQ

Student-Advisor Expectation Scales

5HDG HDFK RI SDLU RI VWDWHPHQWV GHVFULELQJ HQGSRLQWV R
DQG PDUN LW RQ WKH VFDOH)RU H[DPSOH LI \RX EHOLHYH YHU
UHVSRQVLELOLW\ WR VHOHFW D UHVHDUFK WRSLF IRU WKH VWXG
WKLQN WKDW ERWK WKH DGYLVRU DQG VWXGHQW VKRXOG EH HT

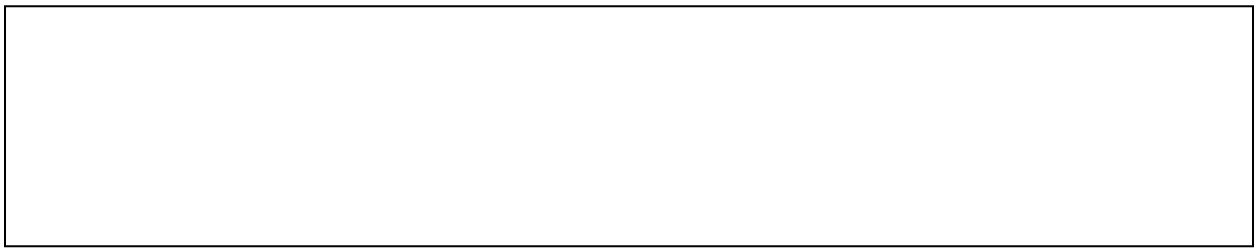
Individual Development Plan (adapted from LSU Postdoctoral IDP)

Course of Study & Dissertation Planning						
7KH DGYLVRU VKRXOG \ DSSURYH ZKLFK FRXUVH WDNHV						6WXGHQWV VKRXOG VROH FRXUVHV WKH\ WDNH
,W LV WKH DGYLVRU V U VHOHFW D SURPLVLQJ G						7KH VWXGHQW VKRXOG VROH VHOHFWLQJ WKH GLVVHU
7KH DGYLVRU WKRXW PHPEHUV RI WKH GLVVH FRPPLWWHH						7KH VWXGHQW WKH GLVVHUWDWLRQ WK WKH GLVVHUWDWLRQ WKH
Contact & Involvement						
7KH DGYLVRU VKRXOG RIWHQ DQG ZKHQ WR P VWXGHQW						

3URIHVVLRQDO GHYHORSPHQW JRDOV ZKDW SURIHVVLRQDO VNL
JUDGXDWH VWXGLHV" ([DPSOHV PLJKW LQFOXGH SXEOLF VSHDNL
SUHSDUDWLRQ WHDFKLQJ PHQWRULQJ

&DUHHU JRDOV ZKDW DUH \RXU ILUVW DQG VHFRQG FKRLFHV RI
\RX KRSH WR KROG \HDUV IURP QRZ" $UH \RX FRQVLGHULQJ QF
LQGXVWU\ JRYHUQPHQW"

5HVHDUFK JRDOV :KDW DUH WKH DFWLYLWLHV WKDW PLJKW KHO
H[DPSOH FRXUVH PHHWLQJ ZRUNVKRS JUDQW DSSOLFDWLRQ



3URIHVVLRQDO GHYHORSPHQW REMHFWLYHV :KDW DUH WKH VNL
HPSOR\DEOH LQ \RXU FDUHHU SDWK RI FKRLFH"

3ODQ RI DFWLRQ WR EH GHYHORSHG MRLQWO\ E\ WKH JUDGXDW
IROORZLQJ

/LVW DQ\ DFWLYLWLHV LQ ZKLFK \RX DQG \RXU PHQWRU DJUHH

'R \RX KDYH JXDUDQWHHG IXQGLQJ IRU WKH QH[W \HDU"

$UH WKHUH VSHFLILF DFWLRQV WKDW \RX DQG RU \RXU PHQWR
VXFFHVV"

+RZ FDQ \RXU IDFXOW\ PHQWRU KHOS \RX DFKLHYH \RXU JRDO\

7KLV ,'3 LV D OLYLQJ GRFXPHQW DQG WKH JRDOV ZLWKLQ VKRX

Additional Resources

$GYLVLQJ DQG 0HQWRULQJ 6WXGHQWV 2KLR 6WDWH 8QLYHUVLW

&DUQHWKRQ 0HUFHGHV .ZDQJ <RXQJ .LP DQG 'RQDOG 0 /OR\G
0HQWRULQJ DQG)DFXOW\ 'HYHORSPHQW +DQGERRN
3UHYHQWLYH 0HGLFLQH HGLWHG E\ 1 8QLYHUVLW\

'HDQ 'RQQD -
Getting the most of Your Mentoring Relationships: A Handbook for Women in STEM 6SULQJHU 1HZ <RUN 1<

: D O N H U * H R U J H (& K U L V 0 * R O G H / D X U D - R Q H V $ Q G U H D & R Q N
The Formation of Scholars: Rethinking Doctoral Education for the Twenty-First Century - R V V H \ % D V V & D U Q H J L H) R X Q G D W L R Q I R U W K H $ G Y D C
& $

= D F K D U \ / -
Creating a Mentoring Culture - R V V H \ % D V V 6 D Q) U D Q F L V F R & $