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**Navigating and Making the Best of Mentoring**

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Abstract: Mentors can be an extremely important resource for achieving success along the academic and professional journey. There are numerous definitions for mentors and models for mentoring. This can pose challenges when mentors and mentees have different sets of expectations. In this workshop, we will discuss the various roles that mentors can play, a few different mentoring models, strategies for finding multiple mentors including peer mentors, and tips for effectively communicating your needs and expectations to mentors. We will also cover specific areas that have proven challenging in mentor relationships including, sharing personal or confidential information, communicating effectively, and setting boundaries.