

BPNMC20-2020-000016

Abstract for an Invited Paper
for the BPNMC20 Meeting of
the American Physical Society

Getting the Most Out of Your Mentoring Relationship

LIZA CHANG, University of Wisconsin-Madison

Mentoring relationships can contribute greatly to a mentees success and persistence in their field and careers. Navigating these relationships takes ongoing reflection and communication from mentees and mentors, and it is important to align expectations and maintain effective communication as mentoring relationships evolve over time. In this workshop, participants will prioritize their needs as mentees or mentors and consider how to have those needs met. We will brainstorm potential differences in expectations and communication styles between mentees and mentors and how these differences might impact the relationship. We will explore tools that can be used to align expectations and learn strategies for improving communication between research mentees and mentors.