



# Networking & Mentoring

## Values and Directions

### What Is Mentoring and Why Is It Important?

Graduate school is more than just going to class. You are entering a level of development academically and professionally, developing both subject knowledge expertise and leadership capacities. This is not a journey that is done alone. Your development can be powerfully supported and enhanced through mentoring.

A mentor could be someone you know in your academic and professional life who takes an interest in your success and is willing to give you time and attention to help you develop the knowledge, skills, and capacities you need.

Rather than depend entirely on one mentor, it is natural and appropriate to develop a network of mentors, as each person can help you develop the different facets you need to advance academically and professionally.

Your mentors support career or professional development, while also supporting you in social and emotional ways, being sensitive to your identity, background, and lived experiences. Often, therefore, you develop strong professional and interpersonal relationships with your mentors.

### Directions for Thinking About Mentoring

1. Have you had a mentor before? If so, what was that experience like? How did you gain from the mentoring experience? If you have not had a mentor before, who can you talk to about mentoring? What resources can you read about mentoring and how it can work for you?
2. Have you mentored someone before? If so, what was that experience like? What did you learn about yourself through the process?
3. In what areas of academic and professional advancement would you like someone to mentor you?
4. In what areas of social and personal development would you like someone to mentor you?
5. How can you prepare yourself to ensure you create the best possible opportunities to benefit from mentoring relationships?
6. How can you use your ASK Binder to help your mentor help you?
7. In what ways can you, in turn, help mentor others?
8. Find out about CGU's online mentoring and networking resources from the Alumni Engagement Office.



# Networking & Mentoring

## Navigator

### Finding Mentors

For each of these areas, make a list of specific knowledge, skills, and capacities you want to develop. In the right-side column, list individuals who might be good mentors for you. Consider your advisor, other faculty members, peers, student leaders, staff members, alumni, formal mentoring programs, as well as individuals outside of CGU.

#### Mentors at CGU

1. Your academic advisor, who is your primary guide to help you navigate the program work on the different aspects of your scholarly and professional development at CGU.
2. Other professors with whom you might develop a strong research/working connection, especially if you are their research assistant or work in their labs.
3. A staff member who can guide you in knowledge and skills in different aspects of your professional development.
4. Another student such as a step-ahead peer (someone just a little further along in your program), or students who have different working and scholarly experiences to share.
5. Formal mentoring programs at your department or organized by student clubs and the Student Life, Diversity & Leadership team.
6. Alumni are your step-ahead peers who have valuable information and strategies to share with you, both for graduate school and career success.

Mentoring Area	Possible Mentors
Academic success at CGU	
Research and scholarly development	
Socialization and connection to the broader field/discipline	
Interpersonal and communication skills	
Emotional well-being, self-management, life balance	
Career-related professional development	

## Mentoring Checklist

- I am actively connecting with potential mentors.
- I have investigated formal mentoring programs at CGU through my department or the Student Life, Diversity & Leadership (SLDL) unit.
- I have explored mentoring programs and opportunities in my professional associations.

## Mentoring Process

To benefit from mentoring, you must develop the following abilities or learning strengths.

- Identify what you know and do not know.
- Formulate and ask specific questions.
- Seek and be open to feedback.
- Be prepared to be vulnerable in your learning and development process.
- Acknowledge difficulties and challenges honestly and in a timely manner to give your mentor the best chance to help you.
- Be sensitive to your mentor's generosity of time and attention and make the most effective use of your time together.

## Reflection on Mentoring and Networking Strengths

Write briefly about the kinds of experiences you have had so far that have helped you develop some of these learning strengths. Think of how you can develop these strengths fully, and opportunities on and off campus that will help you do that. Also write questions that arise in this reflection that you can ask your advisor, a peer, or a staff member.

## Mentoring and Your Advisor

Write questions here about mentoring and networking in your discipline to discuss with your advisor. Think about mentoring and networking through attending and presenting at conferences and professional association events. Explore their websites to seek out possible opportunities to discuss with your advisor. Discuss opportunities for mentoring and networking through internships, research projects and labs in your discipline; what other ways are there to network and find mentors.