After-Hours Session: Developing and Optimizing Your Mentor Relationships

NIH Virtual Seminar
Thursday, November 4, 2021
Session Overview

- Impact of Mentorship Relationships
- Panel Discussion on Developing and Optimizing Mentor Relationships
- Sharing Resources on Finding a Mentoring and Cultivating Mentor Relationships
Moderator and Panelists

- Rosalina Bray, MSc, CEP, NIH Extramural Staff Training Officer, Office of Extramural Research
- Alison Gammie, Ph.D., Director, Training, Workforce Development and Diversity, NIH National Institute of General Medical Sciences
- Nicole Redmond, MD, PhD, MPH, Program Officer, NIH National Heart, Lung, and Blood Institute
- Fatima Sanchez Nieto, PhD., Assistant Researcher, National Research Mentoring Network
Data on Career Success with a Mentor/Mentor Network

• Of those with a mentor, 97% say they are valuable – [National Mentoring Day.org](http://NationalMentoringDay.org)

• 89% of those who have been mentored will also go on to mentor others - [McCarthyMentoring.com](http://McCarthyMentoring.com)

• Mentees are promoted 5 times more often than those without mentors - [Forbes.com](http://Forbes.com)

• 87% of mentors and mentees feel empowered by their mentoring relationships and have developed greater confidence - [Women-ahead.org](http://Women-ahead.org)
Mentor Resource from Teach.com

How to Find a Life-Changing Mentor

A mentor is a person who can support, counsel and guide someone with less experience.

Common Mentoring Styles

Learn what style of mentoring will be most beneficial to your situation.

7 Places to Find a Mentor

Proven Benefits of Having a Mentor

Full post can be found at: https://teach.com/resources/teaching-mentor/
Needs of Mentees and Mentors

Panel Discussion Topics

I. Importance of having a mentor or mentor network for career/professional success
II. Beneficial Mentoring Relationships
III. Finding and Approaching a potential mentor(s) to support your goals, aspirations, and interests
IV. Nurturing mentor relationships
V. Resources on Mentors and Mentorship
Panel Discussion
Resources
Finding a Mentor for Your Career in Science

Using NIH RePORTER
Dr. Nicole Redmond, MD, PhD
http://reporter.nih.gov/
Matchmaker allows you to enter manuscript abstracts, research bios, or other scientific text, and retrieve a list of similar projects from the RePORTER database. After you submit your text (up to 15,000 characters in length), Matchmaker will analyze it for key terms and concepts, then pull up the top 100 most-similar NIH-funded projects, ranked by match score.

NIH’s Research Portfolio Online Reporting Tools (RePORT): Matchmaker Results

There is limited empirical evidence to support the protective effects of physical activity in the prevention of hypertension among African Americans. The purpose of this study was to examine the association of physical activity with incident hypertension among African Americans. We studied 1311 participants without hypertension at baseline enrolled in the Jackson Heart Study.
Resources:
YouTube, Podcasts, eBooks, & Toolkits

• Developing & Optimizing Your Mentoring Relationship
  o 2020 NIH Virtual Seminar, Nicole Redmond, MD, PhD, MPH, FACP - Developing & Optimizing Your Mentoring Relationships – YouTube

• International Mentoring Group (I-mentoring) eBooks
  o https://mentoringgroup.com/books/skills-for-successful-mentoring.pdf
  o https://mentoringgroup.com/books/mentees-guide.pdf
  o https://mentoringgroup.com/books/the-mentors-guide.pdf

• National Research Mentoring Network
  o NRMN Internet Website at NRMN.NET

• The Science of Effective Mentoring in STEMM
  o The National Academies of Sciences Engineering Medicine Podcast

• Syracuse Advance Mentoring Toolkit
  o Syracuse Advance Mentoring Toolkit
Thank you for joining our After-Hours Session