

Mentoring Reflection Worksheet

For each mentoring theme, please list one or two approaches you have taken in the past and plan to take in the future.

Theme	Approaches you have used in the past	Approaches you intend to try in the future
Aligning Expectations		
Promoting Professional Development		
Maintaining Effective Communication		
Addressing Equity and Inclusion		
Assessing Understanding		
Fostering Independence		
Cultivating Ethical Behavior		

Mentoring Tool**Reflecting on Your Mentoring Relationship***

Objective: Students will reaffirm their goals and expectations with their research mentor(s) and discuss any mid-project changes that they would like to make.

Maintaining a positive relationship with your research mentor is very important and can be achieved through frequent, open, and honest communication. To facilitate this communication, answer the questions below, then meet with your mentor to discuss them. You may also give a copy of the questions to your mentor to reflect on before the meeting.

1. What seems to be working well for you in the mentor-mentee relationship?
2. What is not working so well for you?
3. Review the goals and expectations you established with your mentor at the beginning of your relationship. Do you still agree that these goals and expectations are appropriate for your research experience, or do they need to be adjusted? Are you satisfied with the rate of progress you have made toward reaching the goals? If not, what might you do differently?
4. What has the relationship you have with your mentor taught you about what you must do to be successful as a researcher?
5. What aspects of mentoring do you need to get from someone other than your direct mentor? Who can provide this mentoring?

Write a paragraph summarizing the conversation you had with your mentor.

*Adapted from Branchaw, J. L., Pfund, C., and Rediske, R. (2010), *Entering Research: A Facilitator's Manual: Workshops for Students Beginning Research in Science*, W.H. Freeman & Company.