Take a few moments to think about the type of mentoring you need. You can use this form as an exercise in self-reflection and/or a communication tool to share with potential mentors.

1. What are you looking for from a mentor?
2. What qualities would you like your mentor to possess?
3. In what areas are you looking for mentorship?
   * Science?
   * Career Track?
   * Work-Life Coaching?
   * Other
4. Would you consider multiple mentors?
   * Yes
   * No
   * Under these circumstances:
5. Select the type of mentoring that most appeals to you, and then rate the importance of each mentoring-type action (as applicable).

I would like my mentor to be …

* **A Confidant** who will

\_\_\_ Advise me on work-life balance, wellness, and resilience

\_\_\_ Offer me a safe place where I can ask questions and share difficulties

\_\_\_ Share with me how I am perceived

\_\_\_ Offer honest evaluation

I would like my mentor to be …

* **A High-Level Advisor** who will

\_\_\_ Advise me on career dilemmas

\_\_\_ Strategize with me about career and organizational dynamics

\_\_\_ Pose challenging questions

\_\_\_ Identify opportunities for my professional development

\_\_\_ Offer feedback on long and short-term career goals

* **A Skill Developer** who will

\_\_\_ Impart negotiation skills

\_\_\_ Teach me scientific skills

\_\_\_ Evaluate my teaching and presentation skills

\_\_\_ Edit my grant proposals

\_\_\_ Support my research enterprise infrastructure

\_\_\_ Identify specific behaviors that are helping or hindering my career

\_\_\_ Prescribe recommended actions

* **A Sponsor** who will

\_\_\_ Help me navigate organizational politics

\_\_\_ Operate as my information broker

\_\_\_ Solicit invitations for me to speak

\_\_\_ Find potential research collaborators for me

\_\_\_ Nominate me for awards

\_\_\_ Increase my visibility

\_\_\_ Fosters networking opportunities for me

1. Describe your ideal mentor.