

HOW TO FIND A MENTOR



- Finding and interacting with mentors is a practice that can help you through every life stage.
- It is an iterative process—you meet with multiple mentors, and you meet with each mentor multiple times.
- You are looking for advice and suggestions, but without the expectation that a mentor will do the work for you.



INFORMAL MENTORS

Informal mentoring relationships might arise organically through classes, extracurricular involvements, or the workplace. Informal mentors can be people like:

- Peers
- Graduate students
- Faculty and staff
- Alumni
- Community members

FORMAL MENTORS

In contrast, you'll typically find formal mentors through programs or other structures specifically designed to provide academic, career, or personal guidance, such as:

- Advising
- Labs
- GUMI



WHY MIGHT GRAD STUDENTS MAKE GOOD FIRST MENTORS?



HOW TO CONNECT

You probably already know some grad students! Here are a few places to start your search:

- TFs from your courses
- Grad student affiliates in your residential college
- Cultural houses
- LGBTQ and Chaplain's offices
- Extracurriculars



GUMI



- The Graduate-Undergraduate Mentorship Initiative is another great place to find a mentor!
- 300+ graduate students have already volunteered to be mentors.
- You can search mentors by field and background in the GUMI database (gumi.yura.yale.edu/gumi-db/)!