



MENTORSHIP BASICS

WHAT IS MENTORSHIP?

Mentorship involves:

- Sharing of knowledge from a person with more experience to a person with less experience
 - Helping someone envision and develop goals for themselves
 - Providing encouragement and social and emotional support
-

WHY DOES EVERYONE NEED MENTORSHIP?



Each individual has different strengths and interests—mentorship can be adapted to the specific needs of the individual.

Mentors can ask you questions to help you identify your own strengths and needs.



Every academic and career pathway has both formal structures and an informal culture—mentors can be guides to both.

MENTORSHIP IS A HUMAN EXPERIENCE!

- It's social and emotional as well as strategic.
 - As you make mistakes and take wrong turns, it's helpful to be supported by someone who has had similar experiences and can reassure you that you can find a path that works for you.
-