

Early- and Mid-Career Mentoring  
&  
Support

Finding Mentors and Setting Priorities

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# The Importance of Mentoring

## ◆ Internal Mentor

- Guide you through your department's "maze"
- Can offer good suggestions on how to write grants
- Help with the tenure process
- Help build relationships with other colleagues both within your dept. and elsewhere on campus

## ◆ External Mentor

- Can also help with grants
- Gives you an outside and objective perspective on your career advancement
- Can find out things informally for you
- Helps promote you outside of your university

Whether you have a mentor or not,  
two things to remember...

- ◆ Go to conferences, write papers, apply for grants, and try not to take rejection personally
- ◆ “It’s ok to make a mistake!”