

## “PREP SHEET” FOR MENTORS/ADVISORS

BSCP Virtual Connect  
Saturday, April 9, 2022

### REMINDERS

- You must be logged into your session by 11:45 AM EST. If you are delayed please call us at **570-419-1907**.
- To ensure the best sound quality, make sure your surroundings are quiet, and use headphones if needed.

### **PURPOSE OF THESE SESSION**

- Provide encouragement to students to complete studies in biomedical and other science-related fields.
- Offer the students concrete advice on available resources, professional opportunities and diverse career paths.
- Help the students learn how to network and build a personal support system.

### **INFORMATION AND HINTS ABOUT CONDUCTING THE MEETING**

- Please start the session by asking everyone to introduce themselves. Ask them what they hope to get out of this session. You may want to tell the students why you are participating in these sessions. Students have been told that their camera’s must be turned on.
- Try to ensure all the students have the opportunity and encouraged to speak.
- To get the students involved, give them a sense of your career path and the roadblocks you met along the way. Tell them how sessions like this one could have helped you and how they might use this opportunity to get ideas about their own career paths. (No more than a minute or two)
- Try to conduct an interactive discussion with the students. Find out what students are interested in and what confusions they have. Offer them concrete advice and information that would enable them to take advantage of professional and scholarship opportunities. Prompt them in the art of tapping into available resources and professional organizations.
- Explain to students that career paths in the sciences can be unconventional and varied. Share candid details of your own career development, training and schooling with the students.
- Encourage students to join in the conversation and network with each other as well – They can be sources of enlightenment and encouragement for one another!
- If you are comfortable please share your contact information and urge the students in your assigned group to keep in touch with you, as well as, with one another after the session is over. Learning how to network and secure the help of role models, advisors and mentors is an important lesson for the students to master. Their practice with you will be invaluable.

### **Helpful questions and topics to engage students:**

- How do to identify your skills, talents and interests? How do you know at what you are good?
- When should a student begin planning for their future career? How can they begin to construct their own personal career plans?

- How do you identify people that can help? How should students connect with them?
- What types of opportunities exist to support a students' career plans? Where can they find out about them?
- What tips would you give students to help set them on the path to success? What do you know now that you wish you would have known when you were starting out?
- Was your path to your current position traditional? How has your career path changed over time?
- What are the most important qualities to look for in a program to determine the best fit? What suggestions do you have if someone finds themselves in a program that may not be a good fit?
- In our current virtual environment, do you have any suggestions on how to prepare, stay up to date on information and/or continue to find opportunities?
- What role have mentors played in your career trajectory? Have you had different mentors along the way?
- How important is networking? What suggestions do you have for students to feel more comfortable networking?
- What are some "best practices" to stay motivated and persevere through adversity?