Being the Best Mentee You Can Be

-Kay Logan

Mentoring is one of the primary means in science for the transfer of skills, knowledge and ideas. Throughout your science career you will have many mentors. Soon (if not already!) you will become a mentor yourself. Getting the most out of mentoring relationships is a primary factor for success. This means being the best mentee you can be!

How can you maximize the benefits of mentoring relationships? The OHSU Oregon Clinical and Translational Research Institute (OCTRI) has tips and suggestions for being a great mentee. There are also great tips on getting the most out of your mentoring relationships in the journal Science (which, by the way, has website I highly recommend specifically devoted to careers in science).

Here are four tips for getting the most out of your mentoring relationships. Consider giving yourself a score on how well you think you are doing on these items and discuss them with your mentor:

1. **Ask questions.** We hear time and time again from researchers that what they look for first in undergraduates is spark and engagement. Often this is prioritized over skills and knowledge since these are things mentors feel they can impart. When meeting a potential mentor for the first time (or touring a lab) come prepared with questions about their research. Many researchers and faculty have websites for their projects that can help you brainstorm a list of questions. You can also ask about how they chose their research interest or career path, and even what mentors had the biggest impact on them. Additionally, asking questions in ongoing mentoring relationships is one of the best ways of eliciting feedback and helping your mentor see how engaged you are!

2. **Practice the highest standards of professionalism and communication.** This means always letting your mentor know in advance if you will be late for or miss a meeting. If you are busy with finals or break and it is impossible to meet, be sure to send a short email letting your mentor know about your progress toward goals. Edit your emails for spelling, clarity and tone. Even the subject line of your email should be clear and let your mentor know what the email is about.

3. **Own your path.** This means not depending on your mentor to structure every meeting, but rather thinking ahead of time of things you need your mentor’s support on and coming to meetings prepared to discuss these things. You may start by developing a timeline for yourself of steps toward milestones (i.e., getting into graduate school) and bringing it to your next meeting. You might also want to keep a running list of goals and spend time with your mentor discussing the appropriate next steps.
steps. Remember, your mentors are a great resource as you figure out how to effectively achieve your goals!

4. **Have a periodic mentoring check-in and reflection.** In mentoring relationships it is important to find opportunities to reflect on how the mentoring relationship is going, to celebrate successes, give voice to appreciation and provide feedback on the relationship. As an exercise, finish these sentences and tell your mentor in your next meeting:
   
   - “I really appreciated hearing from you about________________.”
   - “This helped me to ____________.”

As the end of the academic year approaches, it is very important to have an end of year conversation with your mentor. To this end, in the next issue of the EXITO Scholar newsletter, we will be posting a guide for scholars and mentors for the year end conversation. We want to provide an opportunity for matches to look back and look ahead. Practicing this type of reflection is one of the most important ways to maximize your mentoring!

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**PROJECT UPDATES**

**Summer Intensive Dates Set**

For incoming juniors, your one month intensive at PSU is from August 29th to September 23rd.

For incoming seniors, you will spend 10 weeks of the summer in a research intensive in your RLC, details will vary by scholar and placement.

Please email Radhika at reddy@pdx.edu with questions.

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**RESOURCES**

**New free Seed Library opens**

Students, faculty and staff are welcome to check out free seeds to plant and grow from the new PSU Seed Library, operated by the Student Sustainability Center. The seed inventory includes 300 varieties of beans, peas, melons, pumpkins, lettuce, tomatoes, beets, flowers, herbs, medicinal teas and more. Donations of more seeds to share with the community are also accepted. The library is located in Market Center Building Suite 128 and is open for limited hours during the week or by appointment. More information and open hours are available on the [PSU Seed Library website](#).

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**Lead screening for children, mothers**

All pregnant and breastfeeding mothers and children age 6 and under are invited to a
All pregnant and breastfeeding mothers and children age 6 and under are invited to a free blood-lead screening from 2 to 5 p.m. Wednesday, April 20, in 327 Smith Union. Services for Students with Children is partnering with Multnomah County Environmental Health Program to offer the screening. The quick finger-prick test will detect micrograms of lead per deciliter of blood, and on-site results will be available within minutes.

Commission on the Status of Women Essay Contest 2016

Portland State University’s Commission on the Status of Women and the Diversity Action Council will award two prizes of $1,000 to one undergraduate and one graduate student whose essay best addresses the following theme:

As a Black feminist and writer Alice Walker confides, “One of the joys of work is where it takes us. It helps us develop. That’s why it is so important to do work that you absolutely love. It’s the only way to grow into who you are meant to be.” Define feminist work and describe how it may be challenging, yet joyous, and allows individuals to grow into who they are meant to be—personally and within communities.

Minimum Qualifications: Essay contest is open to all students regardless of gender. Applicants must be accepted into a degree or certificate program at Portland State University for the fall 2016 term, and be either an undergraduate or graduate student.

Deadline: Monday April 25 8:00 AM

PSU McNair Scholars Program

Applications are being accepted for 2016-2017.

The Ronald E. McNair Program works with motivated and talented undergraduates who want to pursue PhDs. Through academic seminars, the program introduces PSU juniors and seniors, who are first-generation and low-income, and/or members of underrepresented groups, to academic research and to effective strategies for getting into and graduating from PhD programs. Scholars work closely with faculty mentors on original research projects (BUILD EXITO Scholars can use the work you’re doing in your RLC).

Upcoming Informational Workshop: April 5 at 4pm in CH 117

Applications are due: Monday, May 2 at 5 pm for the 2016-2017

Program starts: January 2017 and runs through August 2017.

Additional eligibility information and the program application are available online at www.pdx.edu/mcnair-program.

How to Apply

PCC Rock Creek Student Job Opportunities

General Requirements:

- Must be PCC student taking 6 credits or more for the entire year of 2016 - 2017
- Good academic standing
- Willingness to learn new skills and be part of a team

Queer Resource Center

The Queer Resource Center Advocates for:

- Safe and inclusive environment
- Understanding of diversity
- Positive change in campus culture

Women’s Resource Center

WRC Student Advocates: "Collaborate and
The Queer Resource Center Advocates for, supports, and empowers students, faculty, staff and alumni of all sexualities, sexes, gender identities and gender expressions.

Applications: Picked up at QRC (Building 5, Room 211) or Information Desk

**Multicultural Center**

Equity Ambassadors will be trained in issues of social (in)justice to better support the advancement of the broader PCC community

Applications: Pick up at the Information Desk in Building 5 or at the Multicultural Center in Building 7, Room 118.

**ASPCC**

ASPCC at Rock Creek is dedicated to enrich lives at Rock Creek while striving to maintain a productive relationship with staff, faculty, district and community. ASPCC represents /serves all students of the RC Campus and will design activities, events, policies, and programs directed toward meeting a goal.

Applications: Pick up at the INFO desk in BLD 5.

**Veteran's Resource Center**

For Specific requirements and applications, please talk to Stephanie at the VRC in BLD 2/108a or via email: vrc.rc@pcc.edu

**Advising & Career Services**

Great Resource to:
- Explore career options
- Explore Majors
- Find a job
- Find an internships

Drop-in hours:
Monday- Friday 1:00 - 3:00 pm

Need help figuring out what you would like to do with a biology degree?

Check out this resource to:
- Get advice on a major career pathways
- Learn about Internship Opportunities from PSU and national organizations
- Discover Leadership Opportunities

Visit our website

**Preparing for a career in Biology**

Visit our website

**Join the Cultural Resource Centers Advisory Council!**

This is a great opportunity to help build your leadership skills and connect with diverse communities at PSU, in addition to assisting in developing ideas that contribute to the student experience.

For more information click on the link above to go to our Advisory Council page.

If you have questions please email us at cultures@pdx.edu.
Research Week at OHSU

OHSU Research Week is a university-wide event that celebrates the excellence of research performed by students, faculty, research-ranked employees, postdocs, and staff across all schools, centers, institutes and education programs at Oregon Health & Science University. Research Week includes career development workshops, over 300 poster and oral presentations, keynote speakers, receptions and award ceremonies, and more.

On April 18 – 23, PCC will host a week in honor of Latino Culture, advocacy and celebration at the college’s Rock Creek Campus. Semana de la Raza features free events that are open to the public, including lectures, music, awards and films.

Take Control of Your Time!

Monday April 18th
3:00 PM - 4:00 PM
SB1-304

Come to a seminar on time management!

Melanie Nelson is a consultant specializing in scientific data management and the effective management of people and projects. Prior to starting her own consultancy, she led teams and projects in the biotechnology industry. She has more than ten years of experience as a hiring manager, and a Ph.D. in biochemistry from The Scripps Research Institute. She is also the author of Navigating the Path to Industry: A Hiring Manager’s Advice for Academics Looking for a Job in Industry and Taming the Work Week: Work Smarter Not Longer. Learn more.

PSU Pre-Health and Volunteer Fair

SMSU 327-328-329

Monday, April 18th from 10:00 am - 2:00 pm
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Meet with representatives from a variety of schools and programs ranging from medical, osteopathic, pharmacy, nursing, dental, naturopathic, oriental medicine, chiropractic, and more! You’ll also have the opportunity to speak with representatives from a number of local nonprofit organizations regarding volunteer and internship opportunities.

The PSU fair is part of a series of fairs taking place in Oregon and Southwest Washington, see here for more info: [www.science.oregonstate.edu/health-professions-fair/affiliatefairs](http://www.science.oregonstate.edu/health-professions-fair/affiliatefairs)

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**Invitation to participate in campus task forces**

The office of the President would like to invite student, faculty and staff to participate in two separate task forces to assess the strengths, weaknesses and opportunities in serving PSU’s African American/Black/African students and Asian American/Asian/Pacific Islander students.

The two task forces will guide university leadership by focusing on key areas such as academic offerings, student and faculty recruitment and retention, improving campus and community support and developing the two planned cultural resource centers for these student populations.

If you are interested, have questions or wish to nominate a member of the PSU community, please email the Office of Enrollment and Student Affairs at [emsatf@pdx.edu](mailto:emsatf@pdx.edu).

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**Take Back the Day & Take Back the Night**

**Tuesday, April 26th**

**Smith Memorial Student Union**

The is a FREE one-day event for all students in the Pacific Northwest! The focus will be on anti-racist sexual violence prevention, response practices, and educational dialogue.

The keynote speaker for Take Back the Day will be [Dr. Treva Lindsey](mailto:) and will take place from 9:00 AM to 4:00 PM.

The keynote speaker for Take Back the Night will be [Leah Lakshmi Piepzna-Samarasinha](mailto:) and will take place from 5:30 to 9:00 PM.

Registration is open through April 22nd. For more information and to register go to the [Take Back the Day & Take Back the Night Website](mailto:).
PSU's Leading Latin@s Program

Career Pathways: Latino Professional Panel Discussion
Thursday, April 21st | 3-5pm
La Casa Latina Student Center
SMSU 229
Latino professionals share their paths in higher education and in their professional careers.

Oregon National Primate Research Center Science Café Speaker Series

PCC’s Willow Creek Campus (241 SW Edgeway Dr, Beaverton, OR)
Tuesdays at 7:00 PM
FREE to everyone!

April 19 – “Ovarian Hyperstimulation Syndrome”
Cecily Bishop, Ph.D.
Ovarian Hyperstimulation Syndrome is a complication of controlled ovarian stimulation during assisted reproduction protocols. Most cases are mild, but a small percentage (2% to 6%) are severe and even life-threatening. We will discuss the risk factors for Ovarian Hyperstimulation Syndrome, learn how clinicians modify protocols to avoid this syndrome in at-risk individuals, and share information about current research into factors contributing to Ovarian Hyperstimulation Syndrome.

April 26 – “Saving Eggs for Future Pregnancy – Challenges and Controversies” Jing Xu, Ph.D.
Women may experience fertility problems when egg number and quality are reduced because of aging, environmental factors, or medical treatment. Technologies, including egg freezing, have been developed to allow women to save their eggs for future pregnancies. As companies start to offer egg freezing as a health plan benefit, debates are ongoing about safety, efficacy, costs, and emotional risks. Who actually benefits from it? Should it be recommended to all women who are not ready yet for motherhood for any reason?

Northwest Council on Family Relations Conference

April 21-22, 2016
Portland State University

Join us for our Spring Conference on Engaging Youth in Schools and Communities: Enhancing Protective Factors. The Northwest Council on Family Relations is excited to announce registration is open for the 2016 annual conference in Portland, OR on April 21st through 22nd.

The conference theme this year is Engaging Youth in Schools and Communities: Enhancing Protective Factors.
Communities: Enhancing Protective Factors. On the first day of the conference, we will begin with a presentation by Dr. Ben Anderson-Nathe, Shadows on the Wall: Putting ‘Adolescence’ in its Place and in the evening, Dr. Tony Biglan will deliver the keynote address on Nurturing all the Families in our Communities, dinner will follow. Day two of the conference will include a poster session, breakout sessions, and a Closing Interactive Discussion: Translating Research to Practice.

We invite you to visit our website (northwest.ncfr.org) for more information; learn about our presenters, how to get involved in the poster session or a breakout presentation, and of course to register. We look forward to seeing you in Portland in April!!

Please contact Jana and Alli at northwestcf@gmail.com with any questions.