Mentoring Postdocs, Graduate, and Undergraduate Students

Effective mentoring is an essential part of academic and professional success. Portland State University offers mentoring programs that support student and faculty success. To increase institutional capacity to provide effective training for mentors, Research & Graduate Studies, EXITO, and Oregon Health and Sciences University are partnering to convene a two-day intensive workshop led by experts from the UW-Madison Center for the Improvement of Mentored Experiences in Research. This workshop will prepare a cohort of selected faculty to facilitate an evidence-based mentor training curriculum at PSU.

RGS is identifying prospective participants from disciplines that have or expect to host postdoctoral scholars and/or EXITO scholars, both of which have mentoring obligations built into the program designs.

Workshop Overview:
During this two-day “train-the-trainer” workshop on December 12 and 13, 2019, participants are introduced to Entering Mentoring, a mentor training curriculum that addresses the following key topics:

- Aligning expectations
- Addressing equity and inclusion
- Articulating your mentoring philosophy and plan
- Assessing understanding
- Cultivating ethical behavior
- Enhancing work-life integration
- Fostering independence
- Maintaining effective communication
- Promoting mentee research/scholarship self-efficacy
- Promoting professional development

Participants will learn evidence-based approaches to implementing research mentor training and gain the knowledge, confidence, and facilitation skills needed to design and implement trainings at their institution or organization.

Participant Expectations:
1. Able to attend the entire two-day training
2. Willing to work with mentors whose trainees are undergraduate students, graduate students, postdocs, or junior faculty. Our workshop materials are currently optimized for use across science, technology, engineering, mathematics, and medicine fields
3. Committed to implementing research mentor training workshops organized and planned by EXITO and RGS within the next year
4. Able to provide a professional photo and a 250-word bio describing your research focus, mentoring experience, and interest in facilitating mentor training

Participant Rewards:
1. Enhance mentoring expertise
2. Formalized mentoring role that can help with future funding requests
3. Formalized RGS Mentoring Fellows title
4. $1000 in travel funds to use for professional travel
5. Active membership in a cross disciplinary team