

## RESEARCH MENTORING TRAINING Sample Program Schedule

Times	Topics	Target
<b>DAY 1</b>		
9:00 - 9:20	Welcome remarks Mentees self-intro	Mentees
9:20 - 10:40	Goal Setting	Mentees
10:45 – 12:00	Creating & Managing Your Personal Board of Directors	Mentees
<b>12:00 - 1:00</b>	<b>LUNCH BREAK</b>	
1:00 – 1:20	Mentors' introductions: self & mentees	Mentors & Mentees
1:20 – 2:30	To Mentor or not to Mentor	Joint M/M
2:30 – 3:30	Aligning Expectations	Mentors
<b>DAY 2</b>		
9:00 – 10:30	Networking Your Way to Success	Mentees
10:30 - 12:00	Crafting a Personal Narrative	Mentees
<b>12:00 - 1:00</b>	<b>LUNCH BREAK</b>	
1:00 - 2:30	Communication Tools for Mentoring	Joint M/M
2:30 – 3:30	Giving Effective Feedback	Mentors
<b>DAY 3</b>		
9:00 – 10:20	Money Mentoring: Managing the Financial Aspects of an Academic Career	Mentees
10:20 – 11:20	Academic Persistence and Work Life Balance	Mentees
11:20 – 12:00	Time Management	Mentees
<b>12:00 - 1:00</b>	<b>LUNCH BREAK</b>	
1:00 - 2:15	Writing Effective Letters of Support	Joint M/M
2:15 – 3:30	Career mapping: What your CV reveals about your goals	Joint M/M