



After-Hours Session: Developing and Optimizing Your Mentor Relationships

NIH Virtual Seminar
Thursday, November 4, 2021



Session Overview

- ❑ Impact of Mentorship Relationships
- ❑ Panel Discussion on Developing and Optimizing Mentor Relationships
- ❑ Sharing Resources on Finding a Mentoring and Cultivating Mentor Relationships

Moderator and Panelists



- Rosalina Bray, MSc, CEP, NIH Extramural Staff Training Officer, Office of Extramural Research
- Alison Gammie, Ph.D., Director, Training, Workforce Development and Diversity, NIH National Institute of General Medical Sciences
- Nicole Redmond, MD, PhD, MPH, Program Officer, NIH National Heart, Lung, and Blood Institute
- Fatima Sancheznieto, PhD., Assistant Researcher, National Research Mentoring Network

Data on Career Success with a Mentor/Mentor Network

- Of those with a mentor, 97% say they are valuable – [National Mentoring Day.org](http://NationalMentoringDay.org)
- 89% of those who have been mentored will also go on to mentor others - McCarthyMentoring.com
- Mentees are promoted 5 times more often than those without mentors - Forbes.com
- 87% of mentors and mentees feel empowered by their mentoring relationships and have developed greater confidence - Women-ahead.org



Mentor Resource from Teach.com

How to Find a Life-Changing Mentor

A **mentor** is a person who can support, counsel and guide someone with less experience.



Proven Benefits of Having a Mentor

Common Mentoring Styles

Learn what style of mentoring will be most beneficial to your situation.

7 Places to Find a Mentor

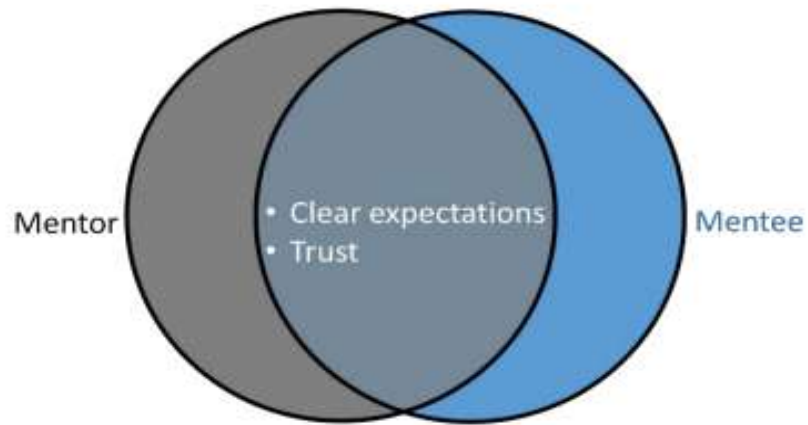
TEACH
COM POWERED
BY 2U

Full post can be found at:
<https://teach.com/resources/teaching-mentor>

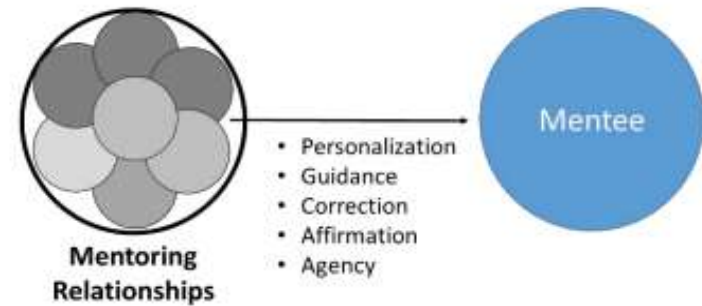
<https://teach.com/resources/teaching-mentor/>

Needs of Mentees and Mentors

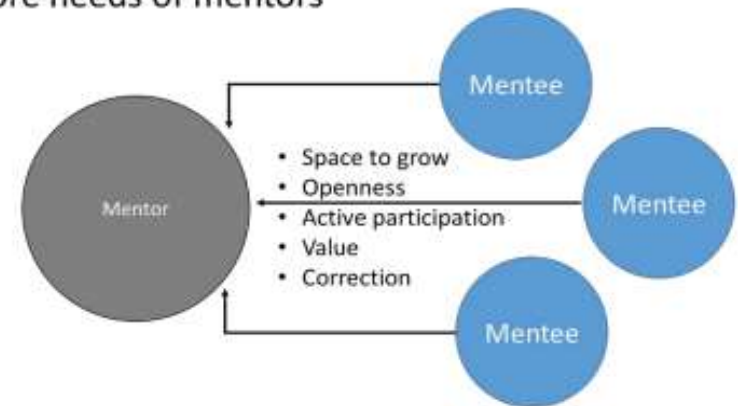
A Shared needs of mentees and mentors



B Core needs of mentees



C Core needs of mentors



Source: [Montgomery & Page \(2019\). Mentoring beyond Hierarchies: Multi Mentor Systems and Models, Duke University. Commissioned by National Academies of Sciences Engineering Medicine](#)

Panel Discussion Topics

- I. Importance of having a mentor or mentor network for career/professional success
- II. Beneficial Mentoring Relationships
- III. Finding and Approaching a potential mentor(s) to support your goals, aspirations, and interests
- IV. Nurturing mentor relationships
- V. Resources on Mentors and Mentorship

Panel Discussion



Resources



Finding a Mentor for Your Career in Science

Using NIH RePORTER

Dr. Nicole Redmond, MD, PhD

<http://reporter.nih.gov/>



NIH's Research Portfolio Online Reporting Tools (RePORT): RePORTER & Matchmaker

Matchmaker

Enter abstracts or other scientific text to find potential Program Officials, ICs, and review panels for your research. ?

15,000 characters left

Similar Projects
 Similar Program Officials

Reset Search

Matchmaker allows you to enter manuscript abstracts, research bios, or other scientific text, and retrieve a list of similar projects from the RePORTER database. After you submit your text (up to 15,000 characters in length), Matchmaker will analyze it for key terms and concepts, then pull up the top 100 most-similar NIH-funded projects, ranked by match score.

NIH's Research Portfolio Online Reporting Tools (RePORT): Matchmaker Results

NIH RePORT > RePORTER FAQs API redmondn@nih.gov

Matchmaker Results

Top 500 Projects Export

There is limited empirical evidence to support the protective effects of physical activity in the prevention of hypertension among African Americans. The purpose of this study was to examine the association of physical activity with incident hypertension among African Americans. We studied 1311 participants without hypertension at baseline enrolled in the Jackson Heart Study, a

Filters

- Active Projects
- > Fiscal Years
- > Agencies
- > Activity Codes
- > Program Officials
- > Study Sections

Institute/Center

Institute/Center	Projects
NHLBI	900
NIA	600
NCI	400
NIDDK	300
NIMHD	250
NINR	150

Activity Code

Activity Code	Projects
R01	1400
R21	300
U01	200
K23	150
K01	100
ZIA	50

Study Section

Study Section	Projects
CLHP	150
PRDP	120
BMIO	100
CICS	80
KNOD	70
HDEP	60

T Act Project	Year	Sub	Principal Investigator(s)/ Project Leader(s)	Organization	Fiscal Year	Admin IC	Funding IC	FY Total Cost by IC	Similar Projects	Match
Determining true versus apparent treatment-resistant hypertension among African Americans in the Jackson Heart Study										
1R56HL151687-01			TANNER, RIKKI M.	UNIVERSITY OF ALABAMA AT BIRMINGHAM	2020	NHLBI	NHLBI	\$779,461	View >	463
Genetic ancestry and antihypertensive medication responses in African Americans										
5K01HL133468-05			BRESS, ADAM P.	UNIVERSITY OF UTAH	2020	NHLBI	NHLBI	\$124,441	View >	461

Resources: YouTube, Podcasts, eBooks, & Toolkits

- **Developing & Optimizing Your Mentoring Relationship**
 - 2020 NIH Virtual Seminar, Nicole Redmond, MD, PhD, MPH, FACP - [Developing & Optimizing Your Mentoring Relationships – YouTube](#)
- **International Mentoring Group (I-mentoring) eBooks**
 - <https://mentoringgroup.com/books/skills-for-successful-mentoring.pdf>
 - <https://mentoringgroup.com/books/mentees-guide.pdf>
 - <https://mentoringgroup.com/books/the-mentors-guide.pdf>
- **National Research Mentoring Network**
 - [NRMN Internet Website](#) at NRMN.NET
- **The Science of Effective Mentoring in STEMM**
 - The National Academies of Sciences Engineering Medicine [Podcast](#)
- **Syracuse Advance Mentoring Toolkit**
 - [Syracuse Advance](#) Mentoring Toolkit



Thank you for joining our
After-Hours Session