Your Name: Click or tap here to enter text. Date Completed: Click or tap here to enter text.

This form is intended to help you (the mentee) reflect on your current skills/abilities in different areas to determine what assistance is needed from your chosen research mentor AND what skills you will bring to the project. *You should complete this form periodically and* ***especially*** *if you change research projects and/or mentor.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Professional/Interpersonal skills** |  | **Leadership and management skills** |  | **Research/Technical skills** |
| Communicating professionally |  | Time management |  | Experimental design |
| Oral presentation skills |  | Prioritizing/goal setting |  | Creativity in identifying new research directions |
| Writing (manuscript, grant, general) |  | Organizational skills |  | Responsible Conduct of Research |
| Working with others |  | Ability to multitask |  | Critical analysis |
| Teaching others |  | Meeting deadlines |  | Data analysis |
| Mentoring others |  | Giving/accepting feedback |  | Statistical analysis |
| Being a good mentee |  | Test-taking skills |  | Computer skills |
| Networking |  |  |  | Problem solving skills (troubleshooting experimental design) |
|  |  |  |  | Critical reading (review and analysis of the scientific literature) |

The data you are collecting here, concerning the importance of these topics, is a tremendous resource for you. Reflect on the strengths and weaknesses of the many experiences you have had in your college career up to this moment. These topics can help you understand the exceptional value you can provide future mentors and employers.

**Using the list above or your own experience, help your mentor understand what skills you possess (very good/mastered) that will help with the project and the TOP 5 you want your mentor’s assistance in developing/mastering.**

| **Skills/Abilities I BRING** to this project |  | **Top 5 I want to BUILD/MASTER** during this project |
| --- | --- | --- |
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**Expectations you have of your research mentor**  
*(List the types of expectations you have of your mentor during the mentorship. Keep these brief and at a general level. E.g: Mentor - demonstrate new skills/methods, review progress reports, develop networking opportunities, etc.)*

Click or tap here to enter text.