

# Mentor-Mentee Check-In

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Mentors and mentees can use these questions to discuss the progress that has been made in their research and to set goals for the remainder of the semester. These questions will never be formally collected, but certainly can be revisited or shared with whoever you like!

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## Questions to be asked by the Mentor:

1. What research achievements during this semester are you most proud of?
2. What aspects of your research experience have been the most challenging for you this semester?
3. What things in your research or in the lab do you enjoy doing or would like to do more of? What things in your research or in the lab do you not particularly enjoy doing? Are there any adjustments that could be made?
4. Have you felt restricted as a researcher at any point during this semester? If so, in what way? How can we work together to overcome this restriction?
5. How has the format of conducting research this semester (virtually, in-person, hybrid) met your expectations? What concerns do you have about how your research experiences during the pandemic may impact your future career plans? Are there any adjustments that we can make to have a more productive and valuable experience for you during the pandemic?
6. For the remainder of the semester, what are your goals in the following areas:
  - Research progress:
  - Skill/technique development:
  - Career development:
  - Transferable skills (communication, networking, literature searching, etc.):
7. How can I as a mentor help you to meet your goals?
8. Is there anything else I can do as a mentor to better support your research experience?

**Questions to be answered by the Mentor:**

1. In what ways does the mentee support our research mission and the culture of the group?
2. What has been observed as the major strengths of the mentee?
3. What skills should the mentee work to acquire or strengthen to better support the research mission?
4. For the remainder of the semester, what are the goals for my mentee in the following areas:
  - Research progress:
  - Skill/technique development:
  - Career development:
  - Transferable skills (communication, networking, literature searching, etc.):

**Questions to be answered by both the Mentor and Mentee:**

1. What are our shared goals for the rest of the semester?
2. Through the pandemic, there have been multiple transitions. How have we individually been coping with our current workloads (course-work, additional jobs/responsibilities, family commitments, personal obligations, etc.)? What are we currently doing individually to maintain a healthy balance? Are there any adjustments that could be made with regards to this research project that would result in reducing stress levels while still meeting the intended goals?
3. What are our plans for continuation of the research project into next semester?