



**MENTORING
ENVISIONED
Insights**

Near Peer Mentoring

Below we offer a few tips for your near-peer mentoring experience during VSS. The goal of Mentoring Envisioned Insights is to develop a community that supports near-peer mentoring at VSS and beyond. Near-peer mentoring refers to relationships built within and across trainees of varying levels of experience. Each pair/group will find time to meet for 1 hour during VSS.

Considerations

- Broadening your network
 - Through meeting a new near-peer mentor you have an opportunity to extend (or begin) your mentoring map. Your mentor will be 1 of many mentors.
 - Remember that this new connection brings with them multiple other connections that they may then extend to you!
- One mentor is not enough
 - One peer mentor may not fit all of your needs. Find out the experiences this mentor has had and how those experiences connect to your own needs and questions.
- Near-peer mentoring is bidirectional
 - A near-peer mentor is not your single all-knowing key to success.
 - This is a brief opportunity to have a discussion, ask questions, and share experiences. You never know what information, experiences, or knowledge you have that will be supportive.
- Plan ahead
 - Consider what your needs are or general areas of interest you would like to discuss that might not be specific to your particular topic of research (just in case your mentor does not do the same type of research).
 - Think of a few goals you have for the conversation. Be prepared to share a bit about yourself and/or your research.
 - Consider using a 3-2-1 approach (e.g., 3 topics to discuss, 2 questions, 1 concern; 3 questions, 2 concerns, 1 talk you're excited to see during VSS).
- Mentoring topic ideas
 - Professional development, intellectual/scientific community, role models, goal setting, transitions, the VSS conference, getting specific and/or substantive feedback, accessing new opportunities, identifying a role model.
- Future contact
 - Determine whether you'd like to continue to have contact, and if so, make specific plans, discuss boundaries, and set expectations (especially consider time).