Summary: seminar 1
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This mentoring seminar series will help us build stronger mentoring relationships, and is based on materials distributed by the American Physical Society.

Learning objectives

We will:

- Explore perceptions of research mentoring relationships in their field or subfield.

- Understand the process and expectations for the seminar series.

- Prepare to establish effective mentoring relationships.

What do we think of when we think of mentoring?

- Accountability
- Advocate
- Assistance
- Care
- Coach
- Comfort
- Communication
- Friendly
- Guidance
- Informal
- Inspirational
- Learning
- Professional
- Reliable
- Resource
- Respect
- Responsibility
- Sincere
- Teaching

Discussion questions

1. What characterises a good mentoring relationship?

    - Good fit
    - Open communication
    - Needs met and clear expectations
    - Balanced
    - Respect for mentee's (and mentor's) time.

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2. What makes a good mentor?

   - In your field
   - Organised
   - Friends
   - Ally
   - Knowledgeable
   - Accessible
   - Reliable
   - Caring