

# OUR PROCESS



## Finding a PROPEL Secondary Mentor

### STEP 1: Fill out the Secondary Mentor Wish List

Fill out the **Secondary Mentor Wish List** Survey, so we can find someone who can meet your expectations.

Go to: [https://ucsf.co1.qualtrics.com/jfe/form/SV\\_8wdtAeYkZKN7peS](https://ucsf.co1.qualtrics.com/jfe/form/SV_8wdtAeYkZKN7peS)

The **Secondary Mentor Wish List** Survey at the link above will ask you:

- **The type of support you'd like to prioritize.** Check out page 2 of this document for a list of suggestions.
- **How often you'd like to meet with your secondary mentor.** Two meetings per year is standard (the minimum), but you can request to meet more often, if that's something you're interested in.

The **Secondary Mentor Wish List** Survey can also help you develop a list of potential secondary mentors.

Let us know if you have a preference for a secondary mentor with a particular degree (e.g. MD/PhD), from a particular field (e.g. immunology), with a specific grad program affiliation (e.g. DSCB), or with a specific demographic background (e.g. female faculty, or faculty from underrepresented backgrounds).

*You can also ask your primary mentor for secondary mentor recommendations!*

### STEP 2: Select a list of three potential mentors

Jessica will send you a list of faculty matching your request. You'll need to narrow that list to 3 potential secondary mentors.

We will email those potential secondary mentors with your "wish list" information to find a match.

### STEP 3: Set your meeting

Once we have a match we will email both you and your new secondary mentor so that you can set up your first meeting.

Be sure to complete [Secondary Mentor Pre-Meeting Survey](#) before your first meeting. This will help you and your new mentor get the most out of that first meeting.

# BENEFITS OF A SECONDARY MENTOR



**HAVING A SECONDARY MENTOR IN SCIENCE CAN PROVIDE NUMEROUS BENEFITS, COMPLEMENTING THE SUPPORT OFFERED BY THE PRIMARY MENTOR.**

**USE THE LIST BELOW TO HELP YOU FILL OUT YOUR SECONDARY MENTOR WISH LIST SO WE CAN FIND THE MATCH FOR YOU.**

## **01 Career Guidance**

A secondary mentor may offer additional career guidance, sharing experiences and advice on navigating the scientific landscape. A secondary mentor is particularly valuable for early-career researchers. It may help you develop a well-rounded perspective on potential career paths.

## **02 Expanded Network**

Working with a secondary mentor can expose you to a broader professional network, including collaborators, colleagues, and experts in the field. This additional networking opportunities can contribute to your career development and open additional doors.

## **03 Add'l Research Expertise**

A second mentor may bring different expertise and perspectives broadening the range of skills and knowledge available to you. Their diverse expertise can offer insights from different scientific disciplines or methodological approaches.

## **04 Balanced Perspectives**

Different mentors may have varying approaches to problem-solving and decision-making. A secondary mentor can offer another perspective, to help you make well-informed decisions.

## **05 Interdisciplinary Collaboration**

If the secondary mentor has expertise in a different field, it can foster interdisciplinary collaboration

## **06 Work-Life Balance**

The secondary mentor can offer guidance on work-life balance, stress management, and personal development. This type of support is essential for maintaining your well-being and overall satisfaction in their scientific journey.