

# OUR PROCESS



## Finding a PROPEL Secondary Mentor

### STEP 1: Make List of Three Potential Secondary Mentors

Find three UCSF faculty that you think would work as a secondary mentor. To find these three faculty you can:

1. Ask your research mentor for suggestions
2. Ask your labmates for suggestions
3. Email [Jessica.Allen@ucsf.edu](mailto:Jessica.Allen@ucsf.edu) with a request. Jessica can send you a list of potential mentors that are in research fields you are interested in, have a background or demographics similar to your own, or have a particular degree or career path.

### STEP 2: Fill out the Secondary Mentor Wish List

What would constitute ideal secondary mentorship for you? What aspects would you prioritize? How often would you prefer to meet with your secondary mentor?

Fill out our [Secondary Mentor Wish List](#) 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)

Use page 2 (Benefits) to help you brainstorm the support you're seeking.

### STEP 3: Send us your selection list

Once you have a list of up to three potential secondary mentors, email your list to [Jessica.Allen@ucsf.edu](mailto:Jessica.Allen@ucsf.edu).

We will email the faculty on your behalf, with your "wish list" information and find a match.

### STEP 4: 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.