WELCOME to the inaugural BME Ph.D. Peer Mentoring Program!

• 46 mentor-mentee pairs!

• Mentors
  • Thank you for volunteering your time to help make the transition easier for First Year Students!

• Mentees
  • This program is centered around helping you navigate whatever obstacles you face. You’re not a burden to your mentor. They, and we as a community, want to help you feel at home so you can continue to develop as a researcher. If you need any help, let us know!
Logistics- Lunch allowance

• Each mentor-mentee pair can has $25/meeting, 3 meetings/semester (3 for Fall 2018, 3 for Spring 2019).

• To be reimbursed:
  • Either the mentor or the mentee pays for the meal; faster reimbursement if you’re on Duke@Work (~2 weeks); otherwise, paper form takes ~1 month and check will need to be picked up at Smith Warehouse
  • Send to Alice Kessing:
    • “Mentoring lunch”
    • Names of attendees
    • Name of payer
    • PDF with receipt (scan or photo)
Logistics - Semester plans

• We’ll be hands-off to let you guys establish your own communication style

• End-of-semester social event for mentors and mentees
  • Details TBD: Keep your eyes peeled for date and time!
  • Let us know if you have any suggestions!

• Spring mindfulness workshop

• Mid-year and end-of-year feedback surveys
  • Important for program improvements and funding applications
Suggestions for an effective mentoring relationship

• Communicate proactively.
• Be punctual and respectful of each other’s time.
• Meet regularly- take advantage of all your lunch allowances!
• Keep conversations **fully** confidential.
• If you have any issues at all, let us know and we’ll do our best to sort them out.

• Mentors – focus on being constructive.
  • Be a good listener; your mentee may need advice, or just an attentive, supportive ear.
  • Share the struggles you faced as a new student and how you overcame them.
  • Don’t use time with your mentee to vent.

• Mentees – be open and honest.
  • No one will judge you for struggling.
  • Your mentor has only your best interest in mind.
Contact info

- Questions?
- Problems?
- Ways to make the program better?

- For mentoring program, email:
  - nikki.pelot@duke.edu
  - robert.morhard@duke.edu
  - john.gilbert@duke.edu

- For more serious concerns needing a neutral, confidential resource:
  - Duke Ombudsperson

- For all other BME needs,
  - Email: bepsa@duke.edu
  - Visit: sites.duke.edu/bepsa

Program coordinators

Rob

John

Nikki