

Introduction to the BME Ph.D. Peer Mentoring Program

September 9, 2019

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

- 37 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 have \$25/meeting, 3 meetings/semester (3 for Fall 2019, 3 for Spring 2020).
- To be reimbursed: <https://sites.duke.edu/bepsa/mentoring-program/>
 - 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
 - anastasia.varanko@duke.edu
 - shikha.sharma@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



Anya



Rob



Shikha



Nikki



John

Ada Gregory

Office of Interdisciplinary Programs

Phone: 919-660-2444

Urgent: 919-257-0160

Email: ada.gregory@duke.edu.

Introducing the mentors!

	Mentee		Mentor		Mentor	
1	Dahlia	Rohm	Kelli	Hancock		
2	Kyeri	Kim	Victoria	Goldenshtein	Madeleine	Sitton
3	Joy	Li	Anastasia	Varanko		
4	Damon	Burrow	Joost	Op 't Eynde		
5	Daniel	Shapiro	Lauren	Heckelman	Kevin	Zhou
6	Max	Ney	Nick	Giroux		
7	Mitchell	Abrams	Zack	Weaver		
8	Gavin	Gonzales	Torie	Broer		
9	Meghan	Reynolds	Erika	Chelales	Lexi	Bounds
10	Karnika	Singh	Cambre	Kelly	Courtney	Trutna
11	Katherine	Duncker	Shikha	Sharma		
12	Enakshi	Sunassee	Katrina	Barth		
13	Latifah	Maasarani	Chelsea	Fries		
14	Parul	Sirohi	Kay	Palopoli	Kristen	Hagan
15	Irene	Jenkins	Elizabeth	Curvino		
16	Gabriela	Shull	Victoria	D'Agostino		
17	Justin	Sylvers	Brian	Chan	Matthew	Huber
18	Henry	Randall	Helena	Ma		

	Mentee		Mentor		Mentor	
19	Kevin	Choy	James	Long		
20	Robert	Trout	Brandon	Thio		
21	Naveen	Natesh	Jason	Liu		
22	Peter	Cho	Jonathan	Su		
23	Tomer	Rotstein	David	Kinnamon		
24	Zachary	Holmes	Christopher	Eckersley		
25	Miguel	Salgado	Jake	Heggestad		
26	Aidan	Canning	Iakov	Rachinskiy		
27	Arinze	Okafor	Derek	Chan		
28	Joshua	Milligan	Wesley	Kendall		
29	William	Carson	Alexa	Anderson		
30	Alan	Rosales	Nadia	Abutaleb		
31	Rohan	Bhattacharya	Anandita	Ananthakumar		
32	Simba	Chidyagwai	Josue	Nataren Moran	Haoran	Zhang
33	Shiqi	Xu	Jia	Lu		
34	Ziyun	Yang	Mackenna	Hill	Tian	Yang
35	David	Fiflis	Juilee	Malavade		
36	Grayson	Rice	Yining	Liu		
37	Ke	Wang	Daniel	Puleri		
38	Jingkai	Zhang	Kevin	Earning		

Opening Questions

1. Exchange contact info. How do you want to communicate (email, text, in person)? Pick a date/time/location for a first lunch.
1. What lab are you in? What year? Have you switched labs?
1. What was your background before Duke?
1. What topics are important to the mentee? What topics does the mentor feel will be helpful? (Coping with stress, academic resources, career search...)
1. What is your favorite Durham restaurant?
1. What did you do this past summer?
1. What are your hobbies?