## **Step 1 - Identify areas where you feel you would like to potentially receive mentorship support and guidance**

Put an “X” in as many rows as needed and are relevant for your position.

|   | **This is really important to me.**  | **I would like to ask my mentor if they can support me in this domain.**  | **I do not need a mentor for this domain right now**  |
| --- | --- | --- | --- |
| **General mentorship support and guidance needs** |
| Brainstorming and idea generation  |   |  |   |
| Identification and ordering or sequencing of priorities  |   |   |   |
| Help with time management |   |   |   |
| Encouragement and scaffolding in learning new skills |   |   |   |
| Role model for professional success  |   |   |   |
| Role model for work-life balance |   |   |   |
| Applying for funding |   |   |   |
| Emotional support  |   |   |   |
| Career exploration and discussion of various career paths |  |  |  |
| Support with application documents and processes |  |  |  |
| Exposure to internship and/or career opportunities |  |  |  |
|   | **This is really important to me.**  | **I would like to ask my mentor if they can support me in this domain.**  | **I do not need a mentor for this domain right now**  |
| Connection to community |  |  |  |
| Exposure to professional development offerings |  |  |  |
| Assistance resolving conflicts |   |   |   |
| **Early in my current program**   |
| Instruction in methods used in my field |   |   |   |
| Advice on coursework  |   |   |   |
| Access to data and other resources |   |   |   |
| Resources for resilience through my current program |  |  |  |
| **Midway through my program** |
| Guidance in teaching |   |   |   |
| Advice/revisions on products (eg, writing, presentation, poster, etc.)  |   |   |   |
| Nominations for internal and external awards |   |   |   |
| Networking with researchers and professionals at UT |   |   |   |
| Networking with researchers or professionals outside of UT |   |   |   |
|   | **This is really important to me.**  | **I would like to ask my mentor if they can support me in this domain.**  | **I do not need a mentor for this domain right now**  |
| Advice for understanding the politics of the field |   |   |   |
| Accountability and support for applying coursework and identifying transferable skills |  |  |  |
| **Nearing the end of my program** |
| Feedback and encouragement regarding dissertation or thesis  |   |   |   |
| Developing plans for immediate next steps upon program completion |   |   |   |
| Reviewing professional public presence (e.g., CV/resume, cover letters, LinkedIn).  |   |   |   |
| Writing reference letters |   |   |    |
| Holistic approach to advice when selecting/negotiating offers |  |  |  |

This MATRIX was adapted from materials provided to us by the University of Texas at Austin [Graduate Students Mentoring Committee](https://gradschool.utexas.edu/mentoring).

## **Step 2 - Narrow your focus into a few key areas that you can discuss with your new mentor**

Use your completed matrix above to answer the following questions:

1. After working through the matrix, list a few (3-5) of the needs that stood out as both really important for you AND that you would like to ask your mentor if they will be able to support you on.
2. Define what each of your needs from question 1 mean to you and how you would like the mentor to support you in each area.