Suggested RSA Mentoring Program Resources:

- **Introduction to Mentoring: A Guide for Mentors and Mentees:** American Psychological Association (APA) · PDF An excellent starting resource covering responsibilities, expectations, communication, boundaries, and practical dos and don'ts for both participants. Read the mentoring guide
- **Mentor & Mentee Support Resources:** Center for the Improvement of Mentored Experiences in Research (CIMER), University of Wisconsin–Madison. A collection of practical mentoring materials, including mentoring agreements, career development plans, communication resources, and guidance for establishing expectations. Explore mentoring resources
- **Mentor/Mentee Tools and Resources:** Duke University School of Medicine. Includes meeting checklists, mentoring agreements, professional development worksheets, self-assessments, and additional articles. Especially useful for preparing for the first mentoring meeting. View mentoring tools
- **The Science of Effective Mentorship in STEMM: Online Guide -** National Academies of Sciences, Engineering, and Medicine. An evidence-based guide explaining successful mentoring relationships, professional development, communication, and effective mentoring practices in scientific research. Read the online guide
- **Mentoring Tools: Agreements, Career Plans, and Mentoring Maps:** National Academies of Sciences, Engineering, and Medicine. Provides tools to help participants establish shared expectations, identify professional goals, and build a network of mentors and professional contacts. Explore mentoring tools
- **Mentorship: Responsible Mentoring for Researchers:** American Psychological Association. A collection of resources about responsible mentoring, ethical relationships, professional development, and the roles of mentors and mentees. Explore responsible mentoring
- **Mentoring in Graduate School:** American Psychological Association. Includes articles such as *Being a Mentee—and a Mentor*, advice on choosing advisors, and guidance for navigating challenging mentoring relationships. Browse mentoring articles
- **Mentorship Education and Effective Communication:** National Academies of Sciences, Engineering, and Medicine. Discusses aligning expectations, providing constructive feedback, fostering independence, and supporting professional development. Read about mentorship education