

# Finding a Mentor

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Mentorship is a key part of research success, especially for new and emerging researchers.

Mentors overseeing AOM Mentored Grants must:

- be autonomous regarding their research activities;
- have an academic appointment that commences by the effective date of the funding;
- be able to supervise the research activities for the entire duration of the funding; and
- ensure the grant application conforms to institutional regulations with regard to conducting research.

## What to expect from a mentor

Mentoring takes place through regular meetings, with informal contact between meetings. The process requires a commitment by both the mentor and the mentee.

Mentors provide support and feedback on research activities and will:

- Draw on their experience and expertise to help the researcher develop a personal research strategy, plan, and targets.
- Help the researcher monitor the achievement of targets and outcomes.
- Provide constructive feedback on the research and act as a sounding board to explore ideas and issues arising from the research.
- Read and comment on draft papers and offer guidance on suitable journals to submit papers for publication.

## What steps do I need to take to find and approach a mentor?

Approaching a potential mentor need not be daunting. Grant applicants can take the following steps to approach a mentor:

1. Search nearby university websites for faculty members who have similar areas of interest
2. Draft a personalized email. Your email should include:
  - a. Who you are (your practice and research background, relevant work, and any strengths of experience)-you can add your resume or CV as an attachment
  - b. Your research outline with information on research objectives, current state of knowledge and significance of your research.
  - c. What you have learned about their research and what interests you about it (this will help with how they would be a relevant mentor for you)
  - d. How you see their interests aligning with your research topic and how they would complement your work
  - e. Request a meeting so you can speak more about the research. You may also want to ask if your request could be distributed throughout the department if he/she cannot help you or perhaps knows someone more tailored for your research needs.
3. It is advised that you send out more than one request as not all potential mentors have the time or resources to mentor.
4. Once you receive a positive response, set up a meeting date.
5. Prepare for the meeting by drafting an outline of your research question and methodology. Have your CV and writing samples also available.