

MENTORING PLAN

A Mentoring Plan establishes guidelines and expectations between a mentor and their mentee. To develop an appropriate Mentoring Plan, students should meet with their advisor to 1) discuss the goals they want to accomplish and each of their responsibilities; 2) establish best methods for communication and schedule times to meet on a regular basis; 3) discuss and become aware of relevant campus resources that will help the mentee succeed as a graduate student or postdoctoral scholar.

Please Note: As of May 2024, the National Science Foundation has **New Mentoring Requirements for Graduate Students**. This **Mentoring Plan** is offered by NC State's Graduate School to help NSF mentees and mentors establish appropriate guidelines to fulfill the NSF requirement.

The Mentoring Plan guidelines can be used for any mentoring relationship involving a faculty member and their graduate students and/or postdoctoral scholars.

A Mentoring Plan should be individually tailored for each mentoring relationship. Therefore, **NSF Graduate Research Fellows** will be encouraged to:

1. Meet at least annually with their faculty mentor to discuss the following:

- a. Mentor and mentee roles, responsibilities, and expectations (what the mentor needs from the mentee; what the mentee needs from the mentor; expectations for both)
- b. Mentor and mentee goals (i.e., research, articles, etc.)
- c. How often they will meet and the format (weekly and in-person?)
- d. Best methods for formal and informal communication (i.e., via email; mentor has an open-door policy, etc.)
- e. Long-term goals (i.e., expected time to degree; skills mentee needs/wants to acquire; papers, etc.)
- f. Relevant university-level mentee and/or professional development opportunities in which to participate

2. Create and Utilize an Individual Development Plan for Short- and Long-Term Goals in consultation with their faculty mentor via:

- [myIDP through Science Careers](#) (STEM focused)
- [Imagine PHD](#) (Humanities focused)
- Create your own, such as that developed by the [University of Nebraska](#)

3. Participate in a number of university-level professional development and skills training programs offered by NC State, including such elements as:

- [Responsible Conduct of Research training](#)
- Career Counseling ([schedule](#) - through Navigate - with Kelly Rownd, Director of Career Readiness in the Graduate School)
- [Teaching Workshops](#) to develop teaching skills as a teaching assistant and for future faculty positions
- [Guidance with writing](#) literature reviews, articles and other documentation
- [Professional Development Workshops](#) to support the career readiness and professional skill development
- [Leadership Development](#) for those seeking skill development as future leaders
- [Graduate Peer Mentoring Collaborative](#)