

## QUESTIONS FOR SELF-REFLECTION:

- In what type of environment do I function best?
- What are my personal and professional goals?
- What do I expect of my mentor(s)?
- How would I prefer to interact with my mentor(s)?
- What scientific fields, techniques, and model organisms interest me?
- What are my strengths as a scientist?
- In what areas do I require further development?
- Do I prefer to work independently or with a lot of guidance?
- Would I prefer a large or small research group?
- Is my personality suited for working in a highly competitive field?
- How do I deal with conflict?
- Reflect on past research environments that you've experienced – what did you like about them? What did you dislike?
- Reflect on a strong positive mentoring relationship that you've experienced – what were key elements that you enjoyed? Contrast this with negative mentoring that you experienced or observed.
- What do I find most attractive about the possibility of working in this lab?
- What is my strongest reservation about working in this lab?

