Quarterly Mentor/Grad Student Check-in Agenda:

When we met last time, you said these were your goals [ ]. How do you feel like you progressed with them and are you happy with your progress?

* If yes, what made you successful
* If No, what do you think got in the way

These are the things I think you’re doing well, and these are the strengths I see you have.

Do you think there are other strengths you have that I haven’t mentioned?

What do you see as the areas of growth/skill development you’ve made since we last met?

How would you currently define your niche or your main research interest/vision?

What is your current thoughts on your career trajectory after graduating?

Is there anything you learned about your professional development goals since we last met and have they changed in any way?

What aspect of your professional development will you be focusing on and what are the steps you see as necessary to work on this? What opportunities are you pursuing?

What are your main objectives over the next several months?

Advisor: Related to these objectives; are there any areas of potential growth the student should focus on making in the next several months?

What are you doing for self-care and life balance?

What have you seen in our mentoring relationship that has been particularly helpful and effective?

Is there anything I can do to make our mentoring partnership more effective?

Is there anything you need from me?

Advisor: Come up with one way you can help the graduate student advance their professional/research goals: (help network/connect with someone of similar interests; observe their teaching; teach an analysis; meet and draft a new paper outline etc.)

what are my strengths and weaknesses as a mentor? What areas of growth do you see?