

Top 10 things Mentees Need to Know

1. Know your mission/vision
2. Have a mentoring *team* mindset
3. Learn how to say NO more often and gracefully
4. Build your research team well
5. Get great leadership training
6. Really plan your time, including family and friends
7. Don't chase the money
8. Make friends with funders
9. Don't be afraid to ask, do, change
10. Joy is attainable, happiness is fleeting

Go to trainings that will help make you a better leader and NOT feel badly about yourself!

- National Center for Faculty Development & Diversity www.facultydiversity.org
- Institute for Zen Leadership <http://institutezenleadership.org/>
- Health Equity Leadership Institute (HELI) <https://uwheli.com/>
- National Research Mentoring Network <https://nrmnet.net>