



Do I need mentoring?

Introduction:

A critical aspect of finding the success you envision in your graduating training is taking the primary responsibility for successful completion of the degree but also advocating for your professional development needs.

This tool is meant to be used at multiple points in your graduate training, or beyond, as professional interests and goals change. As you accept new challenges in your professional development and training, you may find that identifying a mentor can accelerate your journey professionally and personally.

Use this tool as you embark on a new research project, internship, practicum, collaborative project, or other experience.

Questions to Consider:

1. What two or three things do I want to learn from this experience?

2. What are one or two **specific** professional or personal goals that I can learn from this experience?

3. What skills do I need to develop to be successful?

4. How does this experience support my career goals or interests?

5. What UCCS resources, including mentorship, are available to support me?

[The Graduate School at the University of Missouri](#) and the [University of Georgia Athens](#) were important resources in developing this tool.