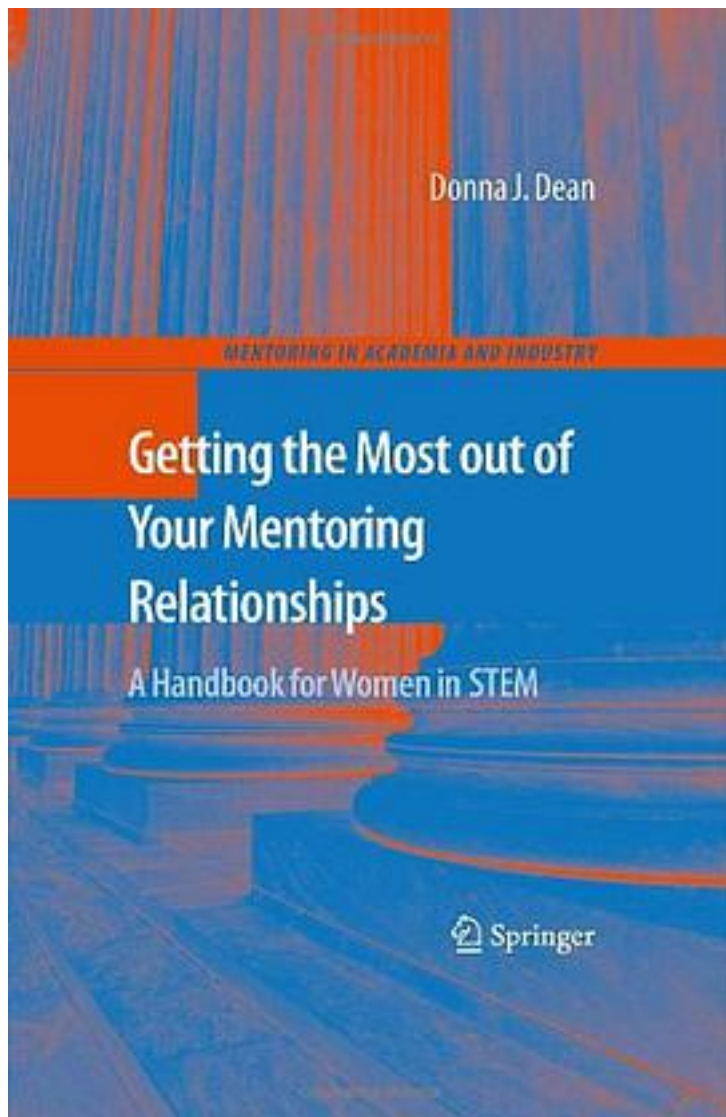


Getting the Most Out of Your Mentoring Relationships



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Traditionally, scientific research in all disciplines has demanded single-mindedness, exclusive devotion, and aggressive self-promotion. The image of the scientist in the laboratory at all hours of the night and weekend is not far from the reality sometimes demanded. Because of the structure of the science, technology, engineering, and mathematics (STEM) curricula and workplace environment, women often work up to 80 hours per week with little time for outside pursuits - let alone extracurricular reading. Yet, precisely because of these demands, it is imperative that they build solid mentoring relationships. This handbook aims to provide a quick, yet structured guide to mentoring including finding the right mentors, being a good mentee, and making the most out of today's diverse mentoring environments. A handy resource guide will be included for quick reference.

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