CTSI Spotlight

Advancing Mentorship at Boston University

Effective mentorship is crucial in training the next generation of scientists and key to developing successful research careers. At Boston University we invest in skill development training for mentors as one means to that goal. Early Career faculty and trainees can benefit from quality mentoring opportunities that help them gain valuable experiences, resources, and practices as part of their academic, professional, and research development. The University and its Clinical and Translational Science Institute are committed to providing such opportunities through its Provost Mentor Fellows Program and its Mentoring the Mentor Seminar Series. The Provost Program will be selecting participants this summer, is open to all BU faculty, will meet throughout the year and is based at Charles River Campus.

The Mentoring the Mentor Seminar Series, based at the Medical Campus is offered to BU faculty this Fall. It consists of 6 1.5 hour sessions using a national curriculum for mentor training. It is a highly interactive case- based seminar series designed to provide the tools to develop successful mentoring plans and learn how to develop relationships with mentors with complementary skill sets. The seminar series directors, Drs. David Felson, MD, MPH, Karen Lasser, MD, MPH, Natalia Morone, MD, MS, and Sarah Hokanson, PhD, encourage all faculty involved in mentoring to participate in this training opportunity to refine one's mentoring practices. We will provide a certificate documenting participation for use in NIH training grant applications. The topics include:

- **Setting up a mentoring plan and defining mentors including team mentoring**
- **Career issues including guiding professional development and work-life balance**
- **Differences between mentors and mentees (gender, race, generation)**
- **Effective communication and difficult conversations**
- **Mentoring transitions (independence, grants/papers, mentee as mentor)**

After this seminar, participants improve their mentoring practices in the following ways: 1.) more skillful communication strategies used with their mentees, 2.) clearer goal setting, 3.) better able to clarify mentee expectations, 4.) increased confidence to deal with challenging situations, 5) improved support and understanding of mentees from different cultural backgrounds 6.) closer follow-up with mentees to explore their work and career aspirations.

BU CTSI Support

With support from the BU CTSI staff and faculty, participants learn more about and are encouraged to use the CTSI's Offerings & Resources aimed to help them build their research support networks to ensure the success of their research projects. Participants can also request no-cost research consultations from BU CTSI services at any point during their research study through the Research Navigator Team.

Please visit our website for more information and sign up for the CTSI Newsletter here.