

CTSI Spotlight



Advancing Mentorship at Boston University Clinical and Translational Science Institute

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 BU Clinical and Translational Science Institute is committed to providing such opportunities through its Mentoring the Mentor Seminar Series and Regional Mentoring Symposium.

The Mentoring the Mentor Seminar Series, offered in the spring, is a highly interactive case-based seminar series designed to provide participants with the tools to develop successful mentoring plans and learn how to develop relationships with mentors with complementary skill sets. The seminar series director, [David Felson, MD, MPH](#), Professor of Medicine, encourages all faculty involved in mentoring to participate in this training opportunity to refine one's mentoring practices. 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.) closer follow-up with mentees to explore their work and career aspirations.

Meet the talented senior faculty who serve as experienced facilitators of the seminar series:

• Megan Bair-Meritt, MD, MSCE	• David Salant, MBBCh
• Emelia Benjamin, MD, ScM	• Elaine M. Hylek, MD
• Howard Cabral, PhD	• Richard Wainford, PhD

Please visit our [website](#) for more information and sign up for the CTSI Newsletter [here](#).

Upcoming Event: The CTSA Regional Shared Mentoring Symposium

Offered every year (fall/early winter) this half-day event features interactive sessions with cross-institutional mentors from Boston University CTSI, Tufts CTSI, Harvard Catalyst, and UMass Center for Clinical and Translational Science. Providing advice to individuals on their research, the steps in the K to R grant transition, and funding. The program will feature panel discussions, and one-to-one mentoring sessions in a speed dating fashion. The symposium is designed for postdoctoral research fellows or early career faculty interested in connecting with senior mentors within the Boston regional area. [More details here.](#)

In addition, the BU CTSI website contains the [Mentoring & Resources](#) page designed to provide information on mentoring programs, tool kits and mentoring publications.

"I got so much more out of this training than I thought I would. It was so amazing to meet with other mentors at the institution. I have received so much important guidance and advice about how to become a better mentor, and I'm craving more sessions with our smaller group.

Anonymous Participant Feedback

"I think the case studies used were good examples of difficult situations. I had not encountered several of the scenarios, and I liked that they were difficult. Now, I would be more comfortable to approach similar situations if they occur."

Anonymous Participant Feedback

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](#).