

Royal Society Te Apārangi Early Career Researcher Forum

“Speed Mentoring” Guidelines

A tēina mentee’s guide to speed-mentoring

Speed mentoring is a series of short, focused conversations about specific questions. You will meet with a limited number of mentors in 3 minute time-slots.

You will be assigned to one of two teina mentee ‘waves’, which will alternate between mingling amongst other ECRs and participating in a mentor session. When directed, you will move to a mentor’s table. At the start of each session, a buzzer or similar will sound. There will be 1 minute to move between tables. Mentors may or may not meet with all mentees.

At the start of each session, you, as a mentee, will be required to give your ‘elevator pitch’. You should share:

- Your name and institution or employer
- Degree, subject or research area
- Skills
- Career aspirations or goals

Keep it brief and to the point, remember you only have 3 minutes of your mentor’s time.

Things you might like to ask your mentor:

You will probably have time to ask 2-3 questions. To get you started, here are some suggestions:

- If you could only give one piece of advice to an ECR, what would it be?
 - What was instrumental for you in forging your career path?
 - What soft skills should I develop or seek experience in?
 - How can I improve my professional visibility?
 - What suggestions do you have based on my career field and goals?
- Can you recommend any other people I should talk to? At the end of the session, you should briefly explain what you will do as a result of the discussion: **what’s next?**