

# GRiPS RHD Mentoring



Graduate Researchers in Psychological Sciences

## What is GRiPS Mentoring?

Our goal is to connect students who are beginning their research careers (or simply seeking a friendly ear) with senior PhD students who have been through the same struggles and can provide advice, support and companionship.

## Who is eligible?

Any psychology RHD student (PhD, MA or honours!)

## How can it help?

### As a mentee

Chatting with a RHD peer about research/ university life (and many things beyond that scope), including: things your mentor might wish they'd known, research skills, potential careers in (or beyond) psychology, social events, bureaucracy frustrations, book recommendations, favourite TV shows, and most other things that you'd care to ask about.

Mentor-mentee relationships will differ depending on your needs and the background of your mentor. We try to match mentors and mentees working in facilitative areas.

### As a mentor

Make time for the occasional casual catch-ups with your mentee, give advice where you can, and point your mentee in the direction of services that could benefit them. You have the opportunity to facilitate and enrich the careers of fledgling researchers, give the advice you wish you'd received, and give back to a burgeoning research community. If you ever need backup, there are experienced mentors on our team!

