MAKING THE MOST OF YOUR SUMMER RESEARCH
WHY DO WE WANT TO SET GOALS?
WHY?

• *Focuses* your activities towards what you want to achieve.

• *Motivates* you towards achieving specific aims.

• Studies show you produce more when you have *ambitious* goals

• If you have a well defined goal you are more likely to *work through setbacks*.

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WHAT MAKES A GOOD GOAL?
PRINCIPLES OF GOOD GOAL SETTING

- Keep them few in number
- Make them “smart”: specific, measurable, actionable, realistic, time-bound
- Write them down
- Review them frequently

HTTP://MICHAELHYATT.COM/GOAL-SETTING.HTML
HTTP://WWW.SCILOGS.COM/THE SCIENCE TALENT PROJECT/GOAL-SETTING-FOR-SCIENTIFICALLY-MINDED-PEOPLE/
EXAMPLE GOALS

• I want to learn about how Prof. Snape’s research on polyjuice potion fits into the larger field of trans-mutative/formative potions

• I want to learn how to produce polyjuice potion which can transform organisms of 50 to 70 lbs

• I want to determine the formula for the fastest acting polyjuice potion on medium size

• I want to learn how to present my research in the form of a scientific talk which I could give at a conference on potions
WHAT MAKES A GOOD MENTORING RELATIONSHIP?
A GOOD MENTORING RELATIONSHIP

- reciprocity
- mutual respect
- clear expectations
- personal connections
- shared values

HTTP://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC3665769/
WHAT ARE THE QUALITIES OF A GOOD MENTEE?
GOOD MENTEE GUIDELINES

• Have clearly-defined objectives

• Give thought to and be able to articulate how you think a mentor could assist you

• Ask questions!! Be open to feedback and be active listeners

• Find your comfort zone: what do you need to do to make your interactions with your mentor effective?

HTTP://WWW.WASHINGTON.EDU/ADMIN/HR/ROLES/EE/CAREERDEV/MENTORING/INDEX.HTML
HTTP://WWW.MPMN.ORG/RESOURCES/MENTEERESOURCES.ASPX
GOAL SETTING WORKSHEET

• Part 1: Reflecting on past success

• Part 2:
  • Setting your goals for the summer
  • Outlining the steps to achieve this goal

• You need to go over the worksheet with your primary mentor & return to Elva by 12:00 Monday July 6th.