



Considering Your Boundaries as a Mentor

Supporting your mentees can take many forms depending on your and their personalities, your comfort talking about emotions, your experience, and the needs and preferences of the students. Helping someone is not a one size fits all endeavor.

- Put a “yes” for actions you would be comfortable taking
- Put “no” for those outside your boundaries
- Use “?” when you’re not sure/it depends
- Star (*) any situations that you think might be covered by your obligations as a university employee (e.g., if you’re a mandated reporter).

Write notes for yourself about each topic.

- | | |
|---|---|
| <input type="checkbox"/> returning a draft saying it's entirely unsuitable and needs to be redone | <input type="checkbox"/> advising student about how to handle conflict with another lab member |
| <input type="checkbox"/> having a conversation about managing personal finances | <input type="checkbox"/> talking with a student about health challenges |
| <input type="checkbox"/> sharing your cell phone number for calls and texts about work | <input type="checkbox"/> what to do if a student tells you he or she is stressed and has had suicidal ideas |
| <input type="checkbox"/> holding a group meeting at your house and having a barbecue or potluck meal | <input type="checkbox"/> sharing that you’re going through a difficult breakup |
| <input type="checkbox"/> student using your cell phone number for calls and texts about personal issues | <input type="checkbox"/> student arrives at your office very upset about a recent meeting with another faculty member in the department and wants to discuss with you and get advice about how to manage; the faculty member is on your mentoring committee or evaluation committee |
| <input type="checkbox"/> talking with a student about someone the student dated who now seems to be stalking them | <input type="checkbox"/> Student’s apartment building catches fire and needs a place to stay; would you let the student stay at your home for a night or two while finding a place to live. What about providing money for a hotel |
| <input type="checkbox"/> talking with a student about their friend who is in another group in the department and it seems abusive; your student wants to know what resources are available for their friend | |
| <input type="checkbox"/> discussing possible career paths | |
| <input type="checkbox"/> going with your group to a bar | |
| <input type="checkbox"/> sharing your personal social media | |

