

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 your 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 and be prepared to discuss your thoughts with a partner.

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|---|---|
| <input type="checkbox"/> returning a draft saying it's entirely unsuitable and needs to be redone | <input type="checkbox"/> advising mentee about how to handle conflict with another faculty member in the department |
| <input type="checkbox"/> having a conversation about managing personal finances | <input type="checkbox"/> talking with a mentee 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 mentee tells you he or she is stressed and has had suicidal ideas |
| <input type="checkbox"/> mentee calling and texting about personal issues on your cell phone | <input type="checkbox"/> sharing that you’re going through a difficult breakup |
| <input type="checkbox"/> talking with mentee about someone the mentee dated who now seems to be stalking them | <input type="checkbox"/> mentee 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 evaluation committee |
| <input type="checkbox"/> talking with a mentee about their friend who is also in the school and subject to mistreatment by a senior PI; your mentee wants to know what resources are available for their friend | <input type="checkbox"/> mentee is going through a breakup and needs a place to stay; would you let the mentee 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"/> discussing possible career paths | |
| <input type="checkbox"/> going with mentee to a bar | |
| <input type="checkbox"/> sharing your personal social media | |