**Mentoring Checklist**

**🞎 Direction –** have I received adequate direction/training?

**🞎 Availability –** has my mentor been available?

**🞎 Meetings –** am I meeting with my mentor at least every two weeks (or an agreed upon timeframe)?

**🞎 Evaluation –** did I receive a performance review at least annually?

**🞎 Papers/Presentation** – have I presented at a scientific meeting, written a review, or written a book chapter?

**🞎 Methods –** have I performed most or all of the experiments/procedures for a paper?

**🞎 Networking –** has my mentor provided opportunities for networking with other scientists?

**🞎 Collaborations –** has my mentor set-up collaborations with others?

**🞎 Goals –** has my mentor discussed training and career goals?

**🞎 Recognition –** in publications or presentations, have I received appropriate recognition for my work?

**🞎 Concerns –** have I made my needs known to my mentor clearly and often?