# Mentorship for DTA researchers

#### Planning template

**For an effective mentoring relationship, it is important for you to have a clear idea of how mentoring can support you. This will enable you to set clear expectations with your mentor of the objectives for your meetings. Before contacting potential mentors, reflect on the following prompts to understand what sort of mentor would be most beneficial for you.**

### Who you are – what’s your background, what motivates you/your passions

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### What ideas are you currently considering for life after your PhD?

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What are the upcoming priorities for your development?  
These could be psychological (for example, developing self-confidence, combatting imposter syndrome), skills-based (for example, public speaking, communication or leadership) or contextual (from example, growing your network or strengthening your research profile). Have a look at [Vitae’s Researcher Development Framework](https://www.vitae.ac.uk/vitae-publications/rdf-related/researcher-development-framework-rdf-vitae.pdf/view), as well as the DTA Training themes below, to get ideas about areas you may want to develop.

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### How could mentoring help you achieve these priorities?

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### What skills, experience and attributes would a mentor need to support you in achieving these priorities?

Click or tap here to enter text.

When you approach potential mentors, as well as outlining objectives for your mentoring by drawing on the questions above, you **should be clear that you will take an active role in managing your relationship** (scheduling and setting up meetings, setting the agenda and reporting back on progress on your objectives) and **suggest a timescale**, for example, following an introductory chat, 3 x 1hr meetings per month for 3 months. You can always prolong the period later if you would both like to.

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