

## Receiving mentoring requests from mentees

As a mentor in Symbiotic STEM, you may receive requests from students for one-on-one mentoring. This may occur after participating in events in the classroom, or if a student reaches out to you through your online profile.

### Receiving mentee requests:

Before beginning your mentorship with a student, ask yourself:

- How much time are you willing to commit to mentorship?
- What are your strengths?
- Academic experience: Where have you studied or worked? This may include college, work experience, or research projects that you've worked on. What skills do you have?
- Personal experience: Do you have any life experiences that you wish to share? What aspects of your personal journey or identity may be relevant to your mentee? For example, a student may be asking about pursuing science as a first generation college student.

You can expect to hear from mentees via email. They may explain why they think you are a good mentor for them and what they are looking for in the mentor relationship.

### Here is an example email you may receive from a mentee:

Dear Simon,

I am a junior at Fresh Meadows High School. I saw your presentation with Symbiotic STEM in Ms. Clark's class and was particularly interested in your work on cellular metabolism.

Currently, I am enrolled in AP Biology and applying to college next fall. Given your background, I would love to gain your perspective on how I can best prepare myself for undergraduate research opportunities.

If you are available, I would greatly appreciate the chance to speak with you about your undergraduate research experience on a monthly basis until the end of the year. Do you have any time to chat over Zoom this week or next?

Thank you so much for your time and consideration.

Best regards,  
Nibras

**Remember:** You don't have to accept a request from every mentee! It is important to manage your commitment so you can provide quality mentoring to the mentee(s) you do take on.

Suggest a first meeting with your mentee to talk through what they expect from the mentorship. You can decide from this whether or not it is right for you.

- [Click here](#) for an activity with questions you and your mentee can go through during your first meeting

**Here is an example email you may respond to a mentoring request:**

Dear Nibras,

Thank you for reaching out! I am excited to share my perspectives on my undergraduate experience. I was on the premed track in undergrad. I'd love to share how I went about selecting my courses and pursued research opportunities.

I am available next week for a Zoom meeting to learn about your interests, how is 4 pm next Monday or 6 pm Tuesday?

Best regards,  
Simon

**When meeting with your mentee:**

**Listen to your mentee:** Suggest a first meeting with your mentee to talk through what they expect from the mentorship. You can decide from this whether or not it is right for you.

**Be clear about what you are able to offer your mentee:** In your introduction, share what you have experience with that may be relevant for the mentee. Ask your mentee what they are interested in and what they wish to get out of the mentorship and state your availability to meet with them.