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# Mentors and Role Models: a mentee's perspective

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# Mentors and Role Models

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- Mentor: a wise and trusted counselor and friend over a long time
- Admired supervisor or colleague: collegial/professional relationship over an extended period of time
- The trusted colleagues that don't exactly fit either definition but from time to time have been both
- The distant role model: a person you've observed from a distance



# Who am I?

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- Started life as a dietitian
- 1990 the RAH “epiphany”
- 1991 started PhD
- 1995-96 FMC/FUSA post-doc
- 1997-99 NHMRC post-doc, U of A
- 2000-03 NHMRC RD Wright Award
- 2004-current NHMRC SRF
- 2006 ... back at RAH ...



# My place in the scientific world

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- Friendly and honest, internal and external review

*"My job as a mentor is to give critical feedback so that we can deal with it and avoid the same criticism from the outside world"*

Heddy Zola, 2006



# My place in the scientific world

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- Seek out mentors and role models from different disciplines
- Aim for a unique niche
- Socialisation into a select number of disciplines
- Dance on the world stage



# Ideally at the end of the day....

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- Seek out people (mentors/role models) that can help you establish an environment in which you can perform to the best of your abilities
- Have an awareness of where you fit in your field
- Be patient and persistent
- Make full use of networking opportunities
- Remain focused on the quality of the science rather than the short term outcome or unnecessary politics
- Have the courage to take big leaps
- Have professional friends
- Maintain your generosity and treat people how you would like to be treated....but learn
- Have lots of fun!





"I can only help open doors. It's up to you to walk through them"

Bob Gibson, 1992

