

A blurred background image showing two people in conversation. On the left, a man with a beard and dark hair is wearing a dark jacket. On the right, a woman with dark hair is wearing a red top and a pink skirt. The background is a light, textured wall.

Kick-off meeting SUNDS mentor program 2024

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Programme for kick off for the mentor programme for postdocs - 1 May 2025

Venue	Mentees: Holst Auditorium	Mentors: 13.1.83
15.30-16:05	<p>Introduction for mentees by Professor Nicole Schmitt, experienced mentor and steering group member for the mentor programme</p> <ul style="list-style-type: none">- Experiences from a former mentee- Alignment of expectations- Group discussions about expectations, approaches, and experiences	<p>Introduction for mentors by Lisa Ott</p> <ul style="list-style-type: none">- Advice on mentoring- Groups discussions about expectations, approaches, and experiences
16.05-16.25	<p>Mentors and mentees in the plenary: Information about tools and guidelines for mentors and mentees by Lisa Ott The matches are revealed!</p>	
16.25-17.00	<p>Mentor-mentee pairs meet and arrange time for their first meeting</p>	



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Experiences and advice from former mentees



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Find the
question
guide on
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Question guide

Linear, simple understandings

Past oriented	1: Detective What it is important to talk about?	4: Captain What do you want to do?
	2: Anthropologist What have you already done/thought?	3: Futurist What ideas can be put into action?

Future
oriented

Circular, complex understandings

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Useful links

- Psychological help for employees at KU:
 - [Psychological counselling – Kunet](#)
- Whistleblower links for employees at KU :
 - <https://kunet.ku.dk/employee-guide/Pages/HR/Offensive-behaviour.aspx>
 - <https://kunet.ku.dk/others/search/Pages/KUnet.aspx?k=whistleblower>
- Help related to research issues:
 - <https://healthsciences.ku.dk/research/responsible-conduct-of-research/>
- Help to careerpath :
 - <https://careercheck.dkfz.de>
 - <https://lnkd.in/eZYS2me8>
 - <https://lnkd.in/e5m8DZdB>

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The first meeting



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Mentees and mentors

Mentees
11 female
29 male

Mentors
20 female
19 male

All 40 mentees are
post.docs from SUND

10 mentors from
industry,
24 from SUND
4 from other faculties

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Before we get started: **Remember to complete an evaluation before you go.**

This meeting was called because of previous assessments, so we listen to what you write in your evaluations!



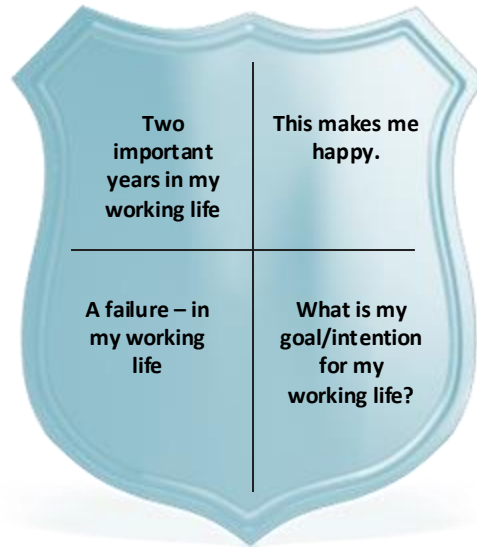
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The first meeting



- Draw your "coat of arms."
- Use it as a presentation of each other.

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Alignment of expectations

A working paper you can return to to check whether you're still on the right course.

- **Goals**
 - Describe a maximum of three objectives of your mentor relationship (mentees have prepared that)
- **Practical framework**
 - Describe the practical terms of the relationship concerning confidentiality, frequency and initiator of meetings

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SUNDS Mentor program / Alignment of expectations

Objectives:

mentor and mentee

agree to the following objective:

(Describe a maximum of three objectives of your mentor relationship)

- 1.
- 2.
- 3.

Practical terms

Describe the practical terms of the relationship concerning confidentiality, frequency and initiator of meetings:

Signed by

mentor/mentee

date

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Learning and evaluation in meetings

To be filled in by the mentee

Before the meeting:

1. What stands out from the previous meeting?
2. The goal discussed in the previous meeting:
 - How have I worked on it?
 - What went well? / What was difficult?

At the end of the meeting: spend a few minutes answering the following questions and briefly discuss your thoughts with your mentor before you part.

- What's been useful in this conversation?
- What would you like the mentor to focus on more?
- What will you work on before the next meeting?

To be filled in by the mentor:

Before the meeting:

- What stands out from the previous meeting?
- The goal discussed in the previous meeting:_____

At the end of the meeting: spend a few minutes answering the following questions and briefly discuss them with the mentee before you part

- What interested me most?
- What learning points have become clear to me?
- What did I learn about myself in this meeting?

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Criteria for match!

1. Mentees' wish
2. Mentors' wish
3. The possible match according to 1 and 2
4. Only the same department if specifically wished for.



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Ready - set - go!!

Happy mentoring!

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Remember to set the date for your next meeting

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