

Aspirations

e.g. Role Models;
Academic, Scientific, Professional Goals

Health

e.g. Emotional Support (friends, family, professional),
Safe Space, Physical Health Support

Accountability

e.g. Self-reflection; establishing, maintaining
and reassessing mentor relationships

Development

e.g. Cal-Bridge Mentors, Teaching Mentors,
Funding Guidance, Publishing Guidance



Feedback

e.g. Professors, Peers,
Professional Editors, Leaders

Opportunities

e.g. Mentors who provide opportunities
& resources; Sponsors such as letter-writers

Intellect

e.g. Intellectual Discussions, Essay Readers,
Scientific Readers - Story, Readability, Methods, Rigor

Self-Assessment

e.g. Your academic/scientific/professional
strengths & weakness; "AccountaBuddies"
