

## SSRPeers: A Peer Mentoring Program for SSRP students

Estimated Time: 30 min - 1 hour

Completion: Between July 19 - 25th, 2023



### Goals

- ★ Reflect on any optional events you have attended
- ★ Discuss how your independent research projects are going
- ★ Get to know each other a bit more 😊

### Looking back...and forward

*You're at the midway point of the program! Can you believe it?! Let's reflect a bit on What we've done up until this point...and look to the future weeks.*

#### **Catch up (5-10 minutes)**

How are you doing this week? Share something you did that you are proud of. Share something that has been a challenge for you.

#### **SSRP**

Last week you began working on your independent projects! Give your SSRPeer a 5 minute update on your project. Where are you heading next? What did you recently learn? How does your work fit within the broader field?

#### **Marketing yourself! 15 min**

You're in a unique position in the program now. Being halfway through means that you can reflect meaningfully on the skills that you've gained. Whether this is used for LinkedIn (reach out to Lizzie for LinkedIn help or general profile editing), for a personal statement, or a CV/resume--learning how to market your skills is key to showing potential programs or jobs that you'd be an asset!

**Spend 5 minutes writing down the skills that you have acquired.** This should include laboratory skills as well as interpersonal and communication skills. Have you learned time management? Setting expectations? Public speaking? Write it all down.

**Spend 5 minutes forming these skills into sentences.** *Do these skills tell a story about your experience and the role you want to fill? Do some of these skills go together? Read the example below, then try to create 2-3 of your own!*

**Example:** *Responsible for deciphering peer-reviewed literature alongside peers and applying these findings towards shared research goals*

This example gets at reading comprehension, team work, and creativity all in one.

**Spend 5 minutes presenting your examples to your peer.** Get feedback regarding word choices and framing of skills.

## **Reading Discussion Questions**

*(15-20 mins)*

### **Building your confidence**

1. What about this article resonated with you?
2. Was there anything within this article that surprised you?
3. Why do you think confidence is important in science?
4. List three things that make you a good scientist
5. List three things that you did well in lab this week

## **Planning for the Future**

Discuss your plans for meeting next.