



The Environmental Health Sciences (EHS) Mentor Program At-a-Glance

The EHS Mentor Program is designed to connect students to NIEHS researchers and staffers. The mentorship offers an opportunity for students to learn about the National Institutes of Health (NIH) and more specifically, about the National Institute of Environmental Health Sciences (NIEHS), which is one of 27 institutes and centers (IC) that make up NIH. NIEHS is the only IC located in North Carolina. Other ICs are on the main campus in Bethesda, MD.

How it works:

- **By request**
 - When registering for various programs or activities students may be asked if they would like to sign up for an EHS Mentor.
 - Students can request an EHS Mentor via the contact information below.
- **Short-term to long-term**
 - The mentorship can be for the period of time that works for both mentee and mentor. However, the preference would be to give the mentorship time to develop. It may prove more beneficial over a period of time (i.e. a semester, an academic year, as long as you want, etc.).
- **Monthly check-in**
 - We ask that mentors and mentees schedule time to check-in at least once per month for at least 30 minutes. Mentors will have an opportunity to share up-coming meetings, talks, opportunities to visit campus, possible program deadlines, etc. Mentees will have an opportunity to share what's going on with them academically, program interests, engage in Q&A, challenges, accomplishments, etc.
 - You can always schedule more time as needed.
- **Campus/Virtual visits: lab/staff meetings, science talks, and other events**
 - Mentors are encouraged to make mentees aware and invite them to campus for lab or staff meetings, various science talks (particularly those conducted by other undergraduate interns, Scholars, post-baccs, post-docs, etc.), as well as other events and activities that may be of interest.
 - Mentees are encouraged to share as much about their goals and aspirations as they are comfortable, even if goals and aspirations are not clear (mentors can help gain clarity). Mentees are also encouraged to ask about opportunities to visit the NIEHS campus, attend meetings, and onsite conferences.

- Virtual meetings count, too.
- **Information interviews and shadow science experiences**
 - If there is interest, mentors can help mentees find those who are willing to be interviewed and share career info, and schedule brief info meetings.
 - Shadow science experiences can also be developed and scheduled (day long, week-long, over breaks, etc.) with the mentor, mentor's lab or office, or other labs/offices at NIEHS. OSEO can also assist in coordinating such activity.
- **Assistance with SIP and NSCP applications**
 - One of our goals is to have students who have engaged in the *EHS Mentor Program* ready to apply to the NIEHS Summer Internship Program after their freshman year; and when they are eligible (rising junior or senior), ready to apply to the *NIEHS Scholars Connect Program* (NSCP).
 - The mentor can make the mentee aware of and assist the mentee with NIEHS-specific summer and academic-year program applications, as well as other internship/training program applications (i.e., personal statement review). The mentor may even be willing to write a letters of recommendation ;-)

The Agreement

_____ Will meet at least once per month, for at least 30 minutes

_____ Will meet as scheduled; or will make mentor/mentee aware of schedule change **at least** 1 hour in advance, and will reschedule for that month

_____ Mentee/mentor will make the other aware of when the mentorship will end (no ghosting!)

If you would like to be an EHS Mentor or request an EHS Mentor, **please contact:**

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