

Assess Your Professional Network

Surrounding yourself with a network of supportive individuals while a graduate student or postdoc is important to a successful experience. Rather than trying to identify one person to provide you with everything, develop a broad network that can serve to support you in many different areas. Use the chart below to evaluate your professional network, identifying multiple mentors and areas to develop.

Professional Development	Internal	1
		2
	External	1
		2
Intellectual Community/Research	Peers/Colleagues	1
		2
	External Collaborators	1
		2
	Faculty	1
		2
Safe Space	Supportive Individuals	1
		2
Mentors	Peer	1
		2
	Internal	1
		2
	External	1
		2
Emotional Support/Well Being	Friends/Family	1
		2
	Other	1
		2
Organizational Groups	Supportive Individuals	1
		2