



STEP.up is a MICHR-sponsored formal mentorship program for research staff. It is geared specifically to research staff working in a variety of roles: research assistant, coordinator, data manager, lab manager, etc. We will pair senior research staff with individuals who are earlier in their career or new to their role. Mentees collaborate with their mentor to set and work towards a professional development goal over the course of the 9-month long program.

We are currently accepting mentor and mentee applications for our fifth cohort. Each year we capacity for a limited number of pairs. A major consideration for acceptance is whether we can make an appropriate match between potential mentor and mentee.

#### PROGRAM DETAILS

- 9-month program from October 2022 – June 2023
- Mentor training session for mentors only on October 13, 2022 from 3:30-5:00PM
- Program Kick-off session for mentors and mentees on October 28, 2022 from 2:30-4:30PM
- Expected monthly time commitment for mentors and mentees is approximately 1 hour/month to meet, plus time spent working towards professional development goals
- Optional Engagement Activities – twice during the program we offer discussions or presentations for the whole STEP.up network, including mentors and mentees from previous cohorts, on topics related to professional development and career growth
- End-of-program Celebration to acknowledge everyone's hard work and to network with peers

#### KEY DATES

- June 20, 2022: applications due
- September 2022: acceptance emails sent
- October 13, 2022 from 3:30-5:00PM: mentor training session
- October 28, 2022 from 2:30-4:30PM: program kick-off session with mentees, mentors and Advisory Board
- June 2022: end-of-program celebration

#### PROGRAM COORDINATORS

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#### Advisory Board

Brenda Eakin, MS – MICHR • Ari Bhaumik, CCRP – Neurology • Erin Miller, MS – Psychiatry • Jen Miner, BS, MBA, CCRC – Physical Medicine & Rehabilitation • Kathy Scott, BSN – Anesthesiology • Reema Kadri, MLIS – Family Medicine • Sana Shaikh, MD, CCRP - Anesthesiology