

# Thesis Mentoring

**AIM:** to pair PhD writers with a mentor for 4M to support development of writing practices and project management skills.

#184  
#56

## mentors

Trained post-doc staff volunteers who can provide objective guidance, share tips, encourage and motivate writers.

## mentees

PhD writers struggling to start writing or understand what the task involves, avoiding the thesis, losing motivation, or panicking

MALE

FEMALE

MDH

SCI

ENG

SS

AH

100%

recommended

"I think it has helped me to be more patient with myself and also more forgiving when things go wrong."

"I appreciated having someone to reflect with who has no immediate attachment to its success"

"I identified the cause of my writing procrastination and anxiety and learned to overcome the problem"

"It helped me to look at the process of writing up with more positive thoughts and improved my confidence"

through thesis mentoring I have improved my:

relationship with my supervisor

motivation to write

positivity about writing

confidence in writing

understanding of what stresses me

understanding of how I work best

planning and management of writing

post-doc mentors gain formal HE teaching experience...

and academic leadership skills.

as well as improving their own writing!

induction & training

goals & matching

meetings & actions

outcome & options