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| --- | --- |
| **Name:** |  |
| **Institute/School:** |  |
| **Role/Career Stage:** |  |
| **Email:** |  |
| **Telephone:** |  |

Institute of Molecular Cell and Systems Biology

**Mentor Request Form**

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| **About me (who are you, your career history, your role at the University of Glasgow):** |
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| **My areas of interest (tick all that apply):** |
| Career Development |  | Leadership and Management |  | Engaging with the Community |  | Resilience and Emotional Intelligence |  |
| Research Skills |  | Using Technology in the Workplace |  | Networking and Building Relationships |  | Professional/Subject Expertise (expand on this below) |  |
| Teaching Skills |  | Student Support and Pastoral Care |  | Module and Course Development |  | Engaging with Industry/Business |  |

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| **Use this space to expand on what you are looking to get from mentoring. Is there anything not covered by the above that you would like to be mentored on?** |
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| **Do you have any particular requirements or preferences for a mentor?**  |
|  |

|  |
| --- |
| **My mentor preferences (optional):** |
| 1 |  |
| 2 |  |
| 3 |  |

|  |  |
| --- | --- |
| **Ways I can be mentored (face-to-face, email, phone, Zoom):** |  |
| **I have discussed my desired to participate in the mentoring scheme with my line manager:** |  |
| **I agree to the sharing of my information to prospective mentors:** |  |

|  |  |
| --- | --- |
| **Signature:** |  |