

Thank you for volunteering to be a panelist at the PROGRESS workshop!

Please find some helpful tips below for preparing your IGNITE presentation for the “What Mentoring Means to Me” panel:

Panels will be conducted in the IGNITE style (<http://www.ignitetalks.io/>). The idea is for local scientists like you to share your personal stories (in just 5 minutes!) on how being a mentor or a mentee played a role in your life. We hope that our participants will identify with many of your stories, and that it will promote discussion among the group. We are going to frame mentoring as a support ecosystem and we will be looking for examples of personal stories of how people have helped you in different capacities.

When preparing your IGNITE presentation, please use the following guidelines:

1. Use Microsoft PowerPoint to build your IGNITE presentation. Do not use animations.
2. Your IGNITE presentation should be 20 slides, no more no less. Slides will be automatically advanced every 15 seconds to total a presentation time of 5 minutes.
3. Slides should include many pictures and a few words – the more fun and humorous the better.

For presentation content, please tell us what mentoring means to you. Please include 1-2 specific personal pictures/stories from any mentors that you might have had along your career pathway. Please tell us specific ways people have helped you, how you found them, and how your relationships have evolved. Please also feel free to tell us how you are a mentor for others. We welcome you to share how any mentors/mentees might have affected your family and personal life (e.g., do you have friends/colleagues, a partner, kids, pets, hobbies and interests outside of work).

Please share personal stories and experiences, any career transitions, and any challenges/tough decisions you may have faced and the roles that your mentors played in those moments. Make sure to include things that young college students can relate to. We all know that science happens in teams, but students do not know this. You can also tell us about how your mentors have helped you develop your talents and abilities. Maybe you even had a bad mentor experience that you feel comfortable sharing with the group.

Remember, these panels are meant to be fun, and they are meant to start a conversation with the students. It is great if you can work in some of the ideas listed

above as they relate to your life, maybe by including any old photos you can find. Don't stress out about these presentations, we hope you have fun pulling them together!

Here is an [example of a previous panelist's mentoring presentation](#).