



SBM Mentoring Program for Early Career Researchers (ECRs)

Aims

- Promoting exchange between ECRs and SBM experts in the field of behavioral medicine
- Provide network opportunities for ECRs across disciplines throughout the year
- Provide opportunities to discuss relevant topics for ECRs in a group of peers and with a SBM expert
- Promote building a mentoring team for ECRs



Chances and benefits for mentees and mentors



Mentee	<ul style="list-style-type: none">• Receiving guidance on a self-selected topic (area)• Networking and interdisciplinary exchange with a SBM expert and SBM peers
SBM expert (Mentor)	<ul style="list-style-type: none">• Promoting ECRs as a resource for SBM and behavioral medicine• Increase network with the next generation• Give back to the field• Receive new ideas from mentees

Mentee target group and application deadline



- Graduate and PhD Students who are SBM members in 2024
- Post-doctoral scientists who are SBM members in 2024

In collaboration with the Health Equity SIG, we especially encourage early career researchers from historically underrepresented and marginalized groups to apply!

Application deadline: January 5th, 2024

Mentors recruited for the program



- Recognized SBM members and fellows in the field of behavioral medicine
- Mentors across different SIGs and disciplines
- Mentors participating in the mentoring program have a record of mentoring and sharing their expertise with ECRs inside and outside of SBM
- In collaboration with the Health Equity SIG, we are especially motivated to recruit mentors from historically underrepresented and marginalized groups for the program
- SBM members being interested in mentoring are kindly asked to fill in [this form](#)

Expectations of the mentees

- Having a realistic expectation regarding a topic that the mentee would like to receive support on
- Motivation and willingness to learn and accept feedback
- Reliable and frequent participation in the monthly online mentoring meetings – both with the SBM expert and with the peers (11 meetings each 1-1.5 hours between April 2024 and February 2025)
- Take responsibility to coordinate and set up meetings with both the SBM mentor and the SBM peers

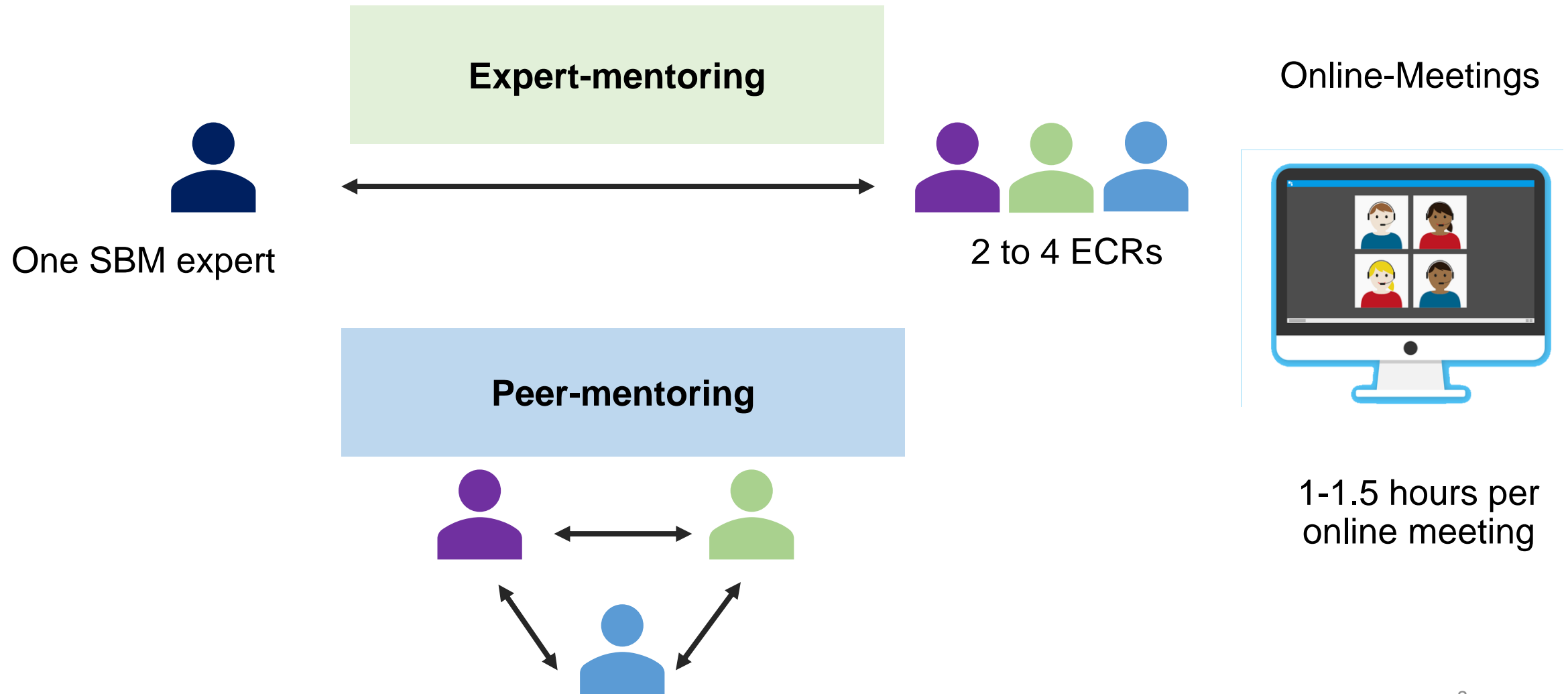


Expectations of the mentor

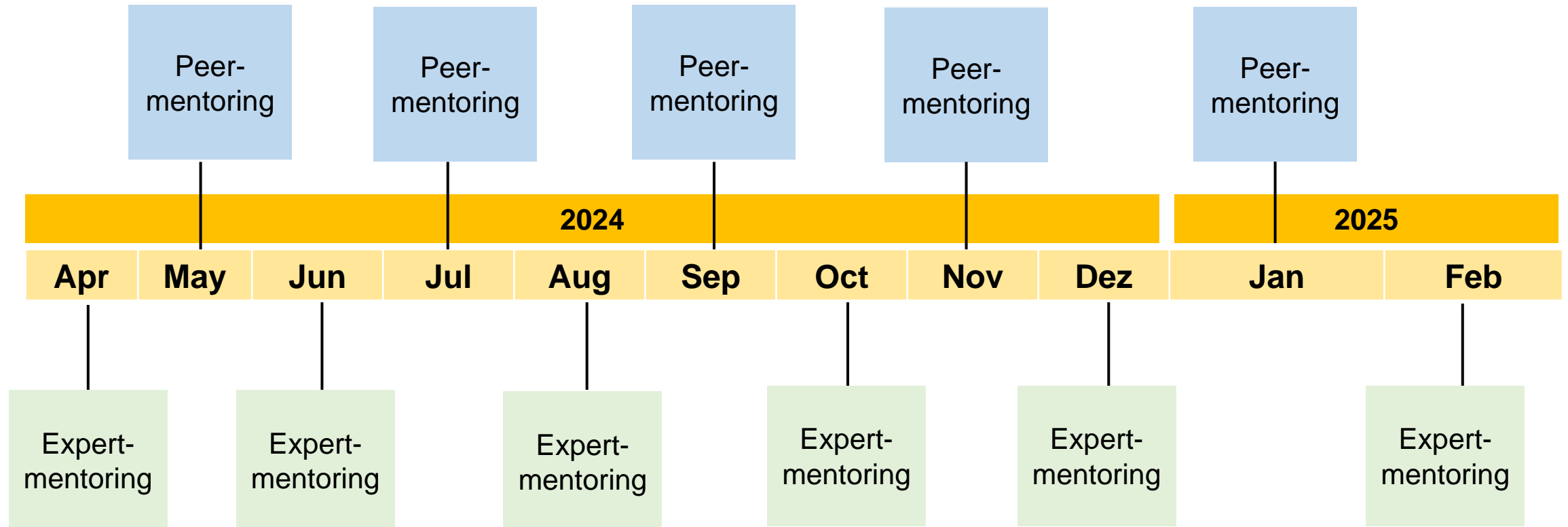
- Mentoring the mentees to support them on a certain topic
- Providing feedback to the mentees
- Participation in the bi-monthly online mentoring meeting with the mentee-group (six online-meetings between April 2024 and February 2025)



Structure of the Mentoring Program



Structure of the Mentoring Program 2024-2025



How to apply as a mentee – Google forms

To help us in matching a SBM mentor and peers, please fill in the google form [here](#). In the form, you will be asked to indicate **up to three** topic areas you would like to receive mentoring on. Topic areas include:



- Grant writing and funding opportunities (e.g., K- and R-awards)
- Teaching
- Digital health & technology (e.g., ecological momentary assessment)
- Methods and measurement (e.g., study recruitment, trial design)
- Dissemination and implementation science (e.g., choosing an implementation framework)
- General career consultation (e.g., transition to post-doc fellow, work-life balance)
- Clinical care
- Diversity, equity, and inclusion
- Community/participatory research

How to apply as a mentee – Additional files

In addition, we will ask you to attach the following in the form:

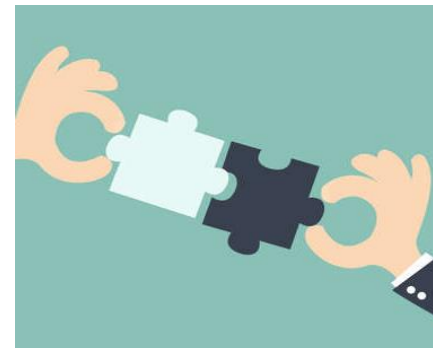
- Academic CV (**one page**)
- Statement of interest: A brief description (**maximum 400 words**) including
 - How you expect to benefit from this program
 - What should happen within this program for you so that you consider it as a success at the end of the mentoring year in February 2025

Examples: I'd consider this program as a success if I...

- *submitted my K-award application until the end of program*
- *found an alternative to the academic career path*
- *found a collaborator for my next research project*
- ...



What happens after the application deadline



- The Early Career Mentoring Program Committee will review the applications and match the applicants with a SBM mentor and peers based on
 - Topic area for (receiving) mentoring
 - Career level
 - Study area / research discipline
- Due to a limited number of mentors, we can not guarantee that everybody can participate in the program
- After the matching process, we will inform the mentors and the mentees

Questions? Talk to us!



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Early Career Mentoring Program Committee Chair