Making the Most of Mentorship
Top 10 Tips

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Introduction

A muscle contusion is one of the most common types of sports-related injuries (Beiner and Jokl, 2001; Crisco et al., 1994). Contusion injuries are usually the result of a blunt, non-penetrating impact or blow to the muscle and often cause localized swelling, pain, and discomfort (Holbrook et al., 1984). Severe contusion injuries may hinder or disrupt athletic training and performance. It has been reported that contusion injuries disturb capillary networks and produce infiltrative bleeding, edema, and inflammation (Beiner et al., 1999). However, it is unclear how muscular contractile function, an indicator of muscular performance, is compromised following a contusion injury.

A series of studies by Crisco et al. (1994, 1996) determined that muscular performance was significantly reduced following a contusion. However, these researchers only examined muscular performance under isometric conditions (constant muscle lengths). During functional activities muscles undergo cyclical length changes to generate force (Lindh and Wallin, 1985). Specifically, the muscle must become excited, produce force while shortening, undergo passive lengthening before becoming excited again. This repetitive cycle is present during many functional voluntary activities including human cycling, swimming, and jumping.

Effect of a contusion injury on muscular force, power, work, and fatigue

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Experiences Working with Undergraduate Students
“Remember that you--the mentee--own the mentoring relationship. You need to bring your energy, passion, vision, and enthusiasm for the complex and challenging tasks we encounter in scientific research, especially the groundbreaking, novel approaches encountered in accelerating the translation from discovery to improved clinical practice.”
1. Know Your Goals

• **Need to be in the drivers seat** of your mentoring relationships (not in the passenger seat)

• **Where would you like to go** over the next period of your career and beyond

• Once you've articulated your goals clearly, your mentor will be better able to advise and guide you on possible steps and opportunities
2. Chose the Best Mentor To Meet Your Goals

• Locate potential research mentor
  – Academic advisor, department chair, Honors College

• A good mentor will likely welcome the opportunity to assist you in achieving your personal vision and professional goals

• The opportunity to mentor you can be a great source of personal and professional satisfaction for your mentor
3. Discuss Mutual Goals and Expectations

- Understand the framework and assumptions that each of you brings to the "mentoring table”

- As you "set the table" you identify the tools and resources you will need to move forward

- You and your mentor should have a frank discussion of expectations

- Complete an Individual Development Plan (IDP)
IDP is Very Important

• Required for URIP program

• Brief discussion
  – How many of you have completed this?
  – Was it easy or hard?
  – Examples

• If you questions reach out to me or the Honors College
4. Practice Being a Professional

- Have a designated laboratory notebook
- **Dress for the job** you want
- **No cell phones/texting**
- What else?
5. Your Research Path is Your Responsibility

- **You direct your research program**--and the best mentors are there to challenge you by asking great questions

- **Scheduled meetings** often
6. Stay Engaged

• **No standing around**

• **Find ways to help** and assist when not busy

• **Hang out in the lab!**
7. Be a Team Player
8. Interact with Graduate Students

- Get to know them as they often help guide undergraduate projects

- They often provide your first line of advice

- Professors are busy (teach, research, service) so graduate students may be more readily available to answer questions on the spot
9. Gain Insight with Professional Development

- Think, pair, share activity

- What are some examples
10. Have Fun!
Making The Most of Mentorship

1. Know your goals
2. Choose the best mentor to reach your goals
3. Discuss goals and expectations with mentor
4. Practice being a professional
5. Take responsibility for your research path
6. Stay engaged
7. Be a team player
8. Interact with graduate students
9. Gain insight with professional development
10. Have fun