

UK UKRAINE



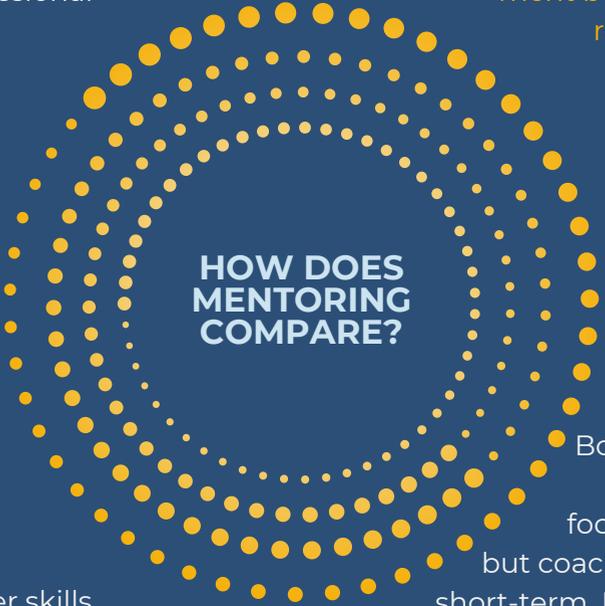
#ScienceForUkraine
scienceforukraine.eu

INTERSHIP SUPERVISION

Mentors, like supervisors, guide mentees through professional challenges, but without field-specific tasks, and more on broader professional growth.

PHD SUPERVISION

Like PhD supervisors, mentors provide guidance, but mentoring is broader, covering career and personal development beyond specific research goals.



HOW DOES MENTORING COMPARE?

TUTORING

Mentoring is more flexible than tutoring, focusing on building career skills rather than structured academic support.

COACHING

Both mentoring and coaching focus on growth, but coaching is usually short-term. Mentoring is a longer-term, relationship-focused commitment for broader development.

UNIQUE ASPECTS OF MENTORING

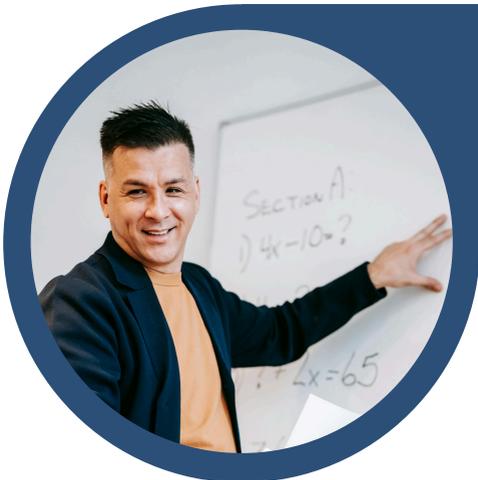
Supportive and Relationship-Focused: Mentoring creates a non-evaluative, flexible environment tailored to the mentee's needs, covering topics such as career goals, networking, and skill-building.

Volunteer and Kindness-Based: All mentors in this program volunteer their time, not for compensation but from a genuine desire to help. This spirit of kindness and support makes this program truly impactful.

We are a community group of volunteer academics and students around the world. Our mission is to collect and disseminate information about support opportunities at the university, national, and international level for graduate students and researchers directly affiliated with an academic institution in Ukraine.

UK-Ukraine Academic mentoring scheme provides support with the following:

- career planning
- networking and profile building
- CVs and applications
- publication process
- academic writing
- securing research funding (UK-funders)
- promotion and progression



WHAT IS NOT COVERED

- immigration advice
- financial advice
- financial contributions
- pastoral support



WHY JOIN AS AN INSTITUTION?

- Improve quality and capacity of research
- Extend collaborations and links
- International collaborations
- Access to funding opportunities (e.g., UKRI)
- Impact



WHY JOIN AS A MENTOR?



As a mentor, you'll have the chance to share your knowledge and experience, helping your Ukrainian colleagues in a variety of areas. In return, you'll gain fresh insights, broaden your horizons, expand your professional network and potentially build some new collaborative projects.



Register
as a Mentor

bit.ly/UKmentors

WHY JOIN AS A MENTEE?



Gain access to invaluable guidance from UK academics in areas such as career planning, networking, UK academic culture, publication processes, research funding, and career progression. As a mentee, you'll receive personalised support to foster international collaboration and open research.



Register
as a Mentee

bit.ly/UAmentees



MENTORING PROGRAM TIMELINE

STAGE 1

APPLICATION REVIEW

(0-1+Months)

Description: Applications are reviewed to ensure participants meet program requirements and can be matched with suitable partners based on research interests, career stage, and professional goals.

Commitment: Applicants are encouraged to complete their forms thoroughly and provide accurate information about their background and aspirations.

STAGE 2

MATCHING

(0-3+Months)

Description: The SFU team carefully matches mentors and mentees to ensure alignment in expertise and goals. Priority is given to mentors from partner institutions, with searches expanding to external networks if needed.

Commitment: During this stage, mentors and mentees may be contacted to confirm availability or share additional details to facilitate the match.

STAGE 3

MENTORSHIP PERIOD

(3-3+Months)

Description: Once matched, mentors and mentees establish schedules, set clear goals, and collaborate to ensure a meaningful mentorship experience.

Commitment:

- **Mentees:** Take the initiative to contact mentors, set goals, and remain committed to agreed-upon schedules.
- **Mentors:** Provide guidance, share expertise, and offer constructive feedback to support the mentee's growth.

STAGE 4

FEEDBACK AND REVIEW

(End of Mentorship)

Description: At the conclusion of the mentorship, feedback is collected from both mentors and mentees to improve the program.

Commitment: Participants are encouraged to complete a brief feedback form, ensuring their insights help enhance future mentorships.

MUTUAL EXPECTATIONS FOR A POSITIVE RELATIONSHIP

Respect and Professionalism: Both parties should foster a respectful, inclusive, and professional environment.

Confidentiality: Information shared during mentorship should remain private unless both parties agree otherwise.

Feedback and Flexibility: Provide honest and constructive feedback. Be flexible and understanding of each other's commitments and constraints.

Shared Responsibility:

- **Mentees:** Take ownership of your development and drive the relationship.
- **Mentors:** Guide and support without taking on the mentee's responsibilities.

HANDLING CHALLENGES

- If conflicts or misunderstandings arise, address them early with open communication.
- If a resolution isn't possible, contact the programme coordinators for assistance.

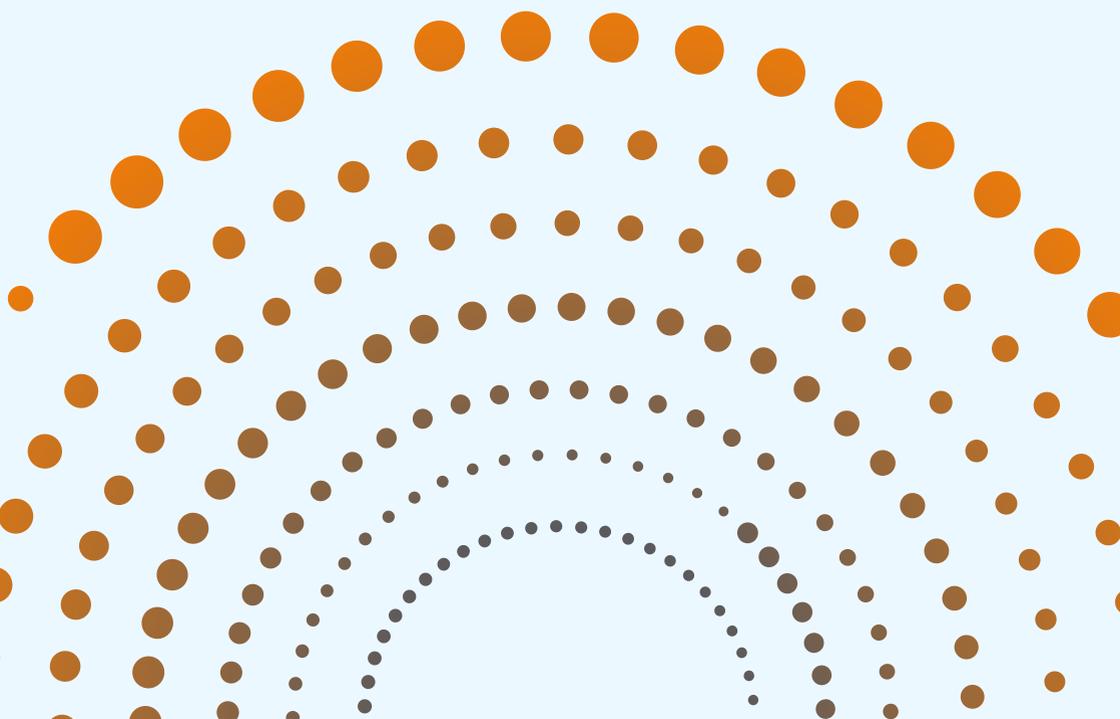
END OF MENTORSHIP

- Reflect together on what was achieved and what could be improved.
- Complete the programme's feedback form to help enhance future mentorships.



PUSHFAR: HOW IT WORKS

- Quick and easy sign up for both mentors and mentees
- A both mentors and mentees input their research interests and career stage it allows for an easy way to match potential pairs
- It allows us to set time for the mentorship
- It can be used to schedule meetings and keep up records
- It is an easy way to provide feedback
- At preset the pairing is done manually by the Science for Ukraine Team
- A future aim is for the pairing to be done by individual signing in



SUPPORTING YOUR MENTEE EFFECTIVELY

Provide guidance, not direct solutions

Encourage critical thinking by asking questions and offering insights rather than prescriptive answers.

Listen actively:

Understand your mentee's goals, challenges, and cultural context. Be approachable and open to questions.

Set clear boundaries

Discuss expectations for communication frequency, meeting times, and the scope of the mentorship. Maintain professionalism and mutual respect.

Share expertise and resources

Offer constructive feedback on academic work, career planning, or other agreed areas. Share relevant tools, reading materials, or contacts.

Celebrate progress:

Acknowledge and encourage your mentee's accomplishments. Help them reflect on their growth and plan next steps.

As a mentor, your role is to provide guidance, share your expertise, and support your mentee in achieving their academic and professional goals.

MAKING THE MOST OF YOUR MENTORSHIP

Take initiative

Schedule meetings with your mentor and prepare an agenda in advance. Be clear about your goals and the type of support you seek (e.g., career planning, academic writing, networking).

Communicate

Share your aspirations, challenges, and progress honestly. Be receptive to feedback and willing to ask questions.

Set clear goals

Collaborate with your mentor to define achievable short-term and long-term goals. Regularly review and update your progress.

Stay engaged

Actively follow through on advice and suggestions. Maintain consistent communication to keep the mentorship productive.

Respect time and confidentiality

Treat discussions as private unless agreed otherwise. Be punctual, prepared, and notify your mentor in advance if rescheduling is needed.

As a mentee, you play an active role in your mentoring relationship

University of Liverpool



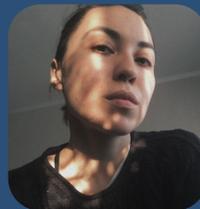
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<https://academics4ukraine.co.uk/uk-mentoring-scheme>