

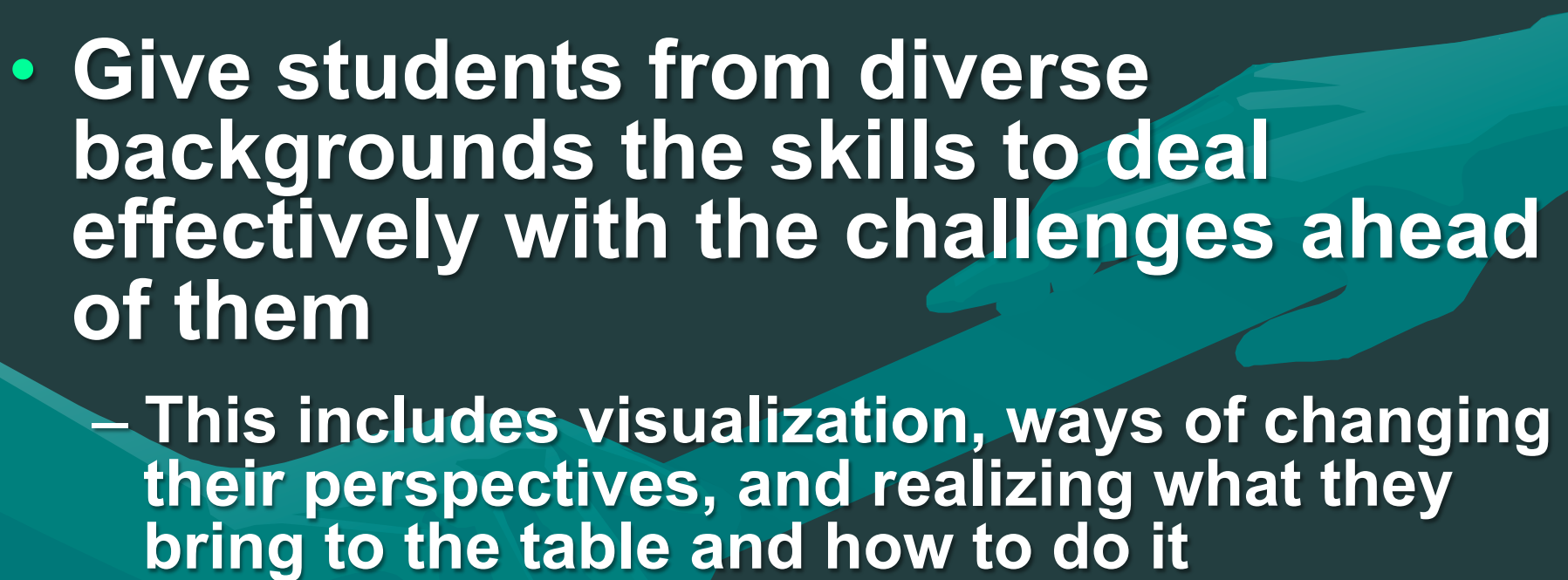
**Musings on the
similarities and
differences between
Betty, the GPS I rented in
Vancouver, and a mentor**

**Maggie Werner-Washburne
University of New Mexico**

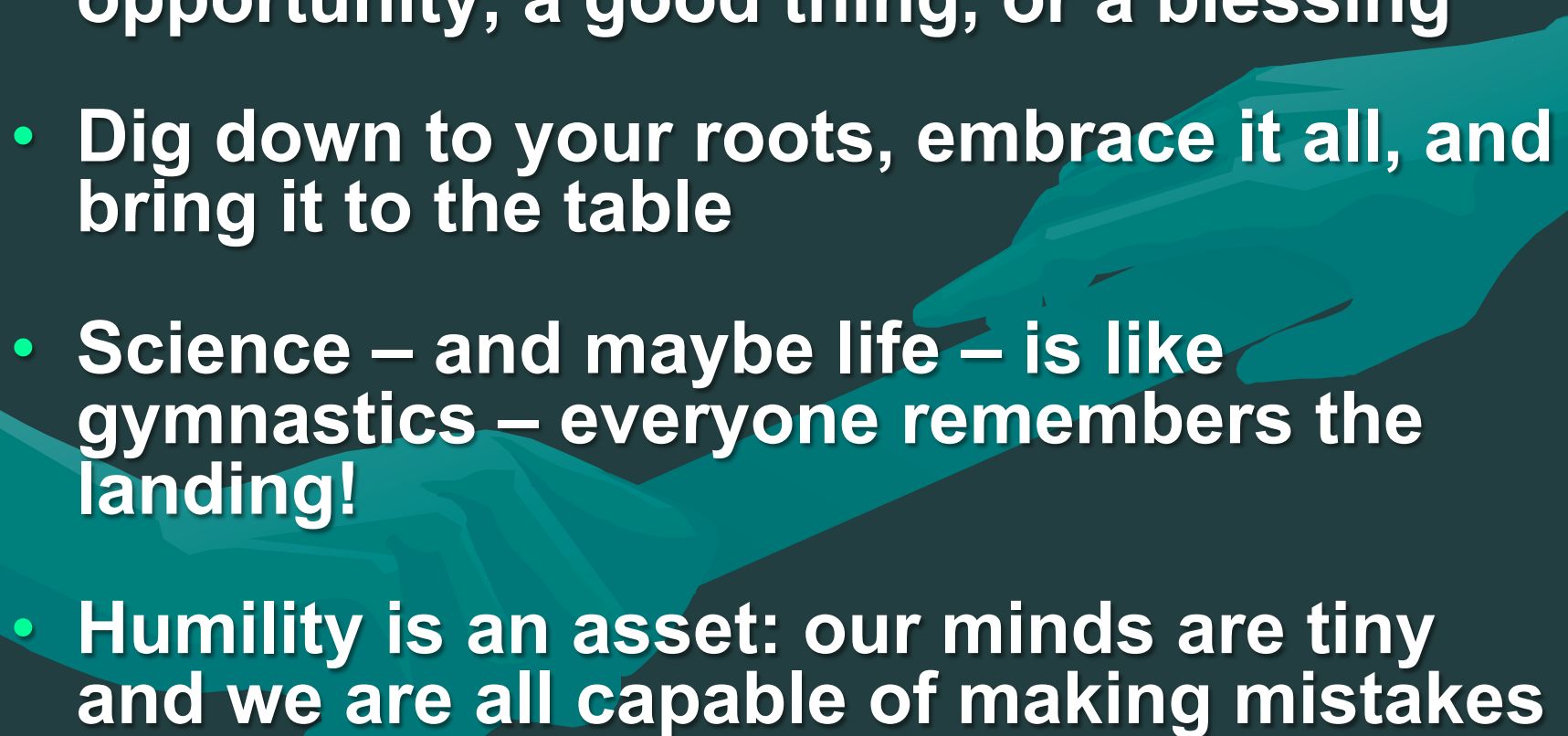
Where did *mentor* come from?

- In Greek mythology, Mentor was the son of Alcumus and, in his old age, a friend of Odysseus.
- When Odysseus left for the Trojan War he placed Mentor in charge of his son, Telemachus, and of his palace.
 - *We think we can identify mentors for other people*
- When Athena visited Telemachus she took the disguise of Mentor to hide herself from the suitors of Telemachus' mother Penelope.
 - *Being a mentor requires the ability to put yourself in someone else's shoes*
 - *The person who is the mentor is not always who you think it will be*
- As Mentor, the goddess encouraged Telemachus to stand up against the suitors and go abroad to find out what happened to his father.
 - *You can lead a horse to water, but you can't make him drink*
- When Odysseus returned to Ithaca, Athena (in the form of Mentor) took the form of a swallow and the suitors' arrows had no effect on him.
 - *A good mentor often performs great, unseen miracles*

Goals

- Train fearless, grounded, and generous leaders and scientists
 - Give students from diverse backgrounds the skills to deal effectively with the challenges ahead of them
 - This includes visualization, ways of changing their perspectives, and realizing what they bring to the table and how to do it
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- A large, stylized teal graphic of two hands shaking, positioned diagonally across the lower half of the slide. The hands are rendered in a flat, teal color with some shading to suggest depth. The background is a dark teal gradient.

Mentoring principles

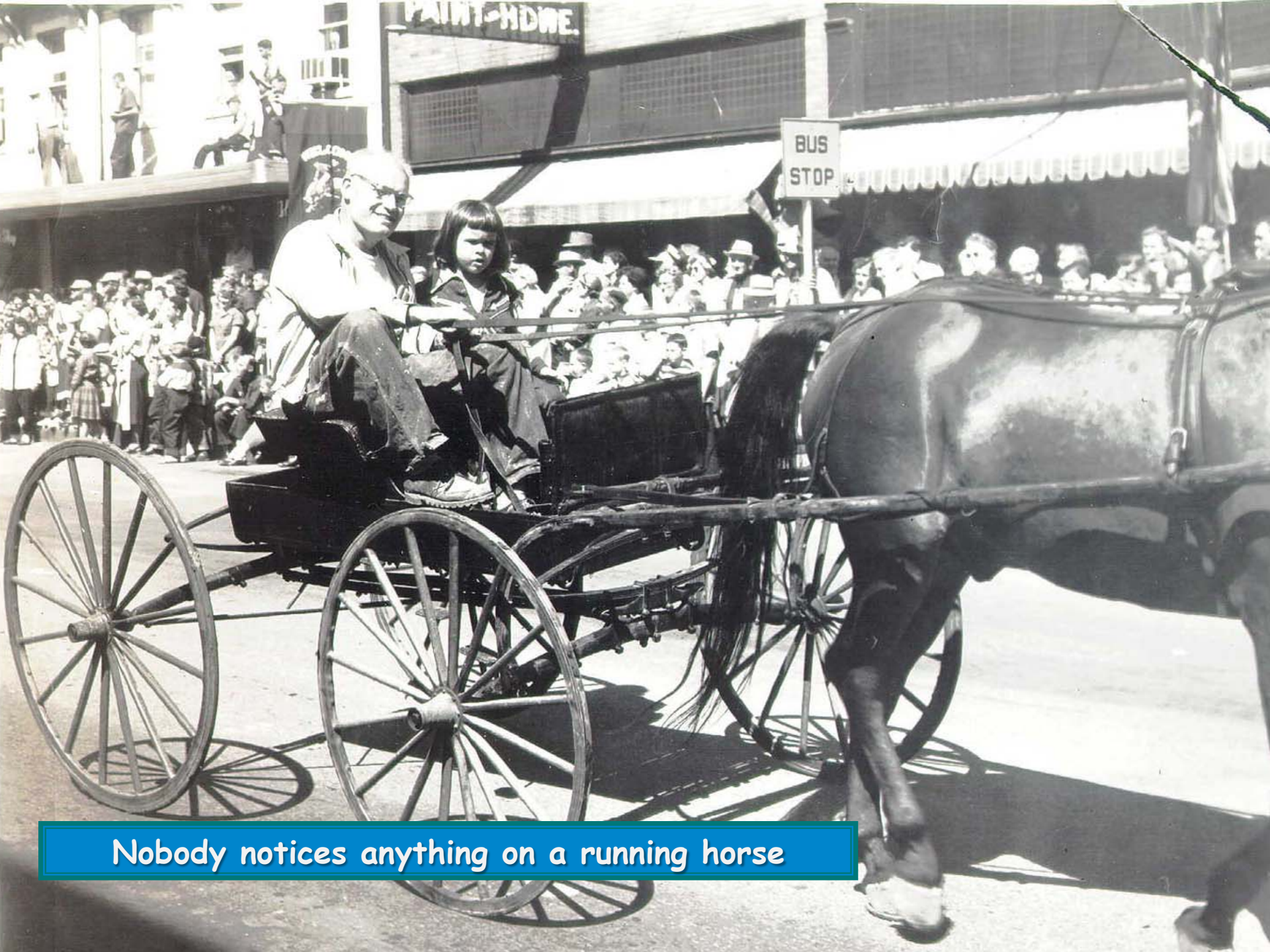
- Know your heart
 - Try to look at everything as an opportunity, a good thing, or a blessing
 - Dig down to your roots, embrace it all, and bring it to the table
 - Science – and maybe life – is like gymnastics – everyone remembers the landing!
 - Humility is an asset: our minds are tiny and we are all capable of making mistakes
- 
- A stylized graphic of two teal hands shaking, positioned behind the text. The hands are rendered in a flat, geometric style with a slight shadow effect, suggesting a firm grip or agreement.

Betty?

- She worked when I needed her to work
- Betty made me feel safe
- She knew her domain
- When I didn't listen she calmly recalculated my route
- She was inexpensive (didn't want to say cheap)
- Betty doesn't remember me
- Betty wasn't really invested in my success
- Betty was an imaginary mentor

A Mentor?

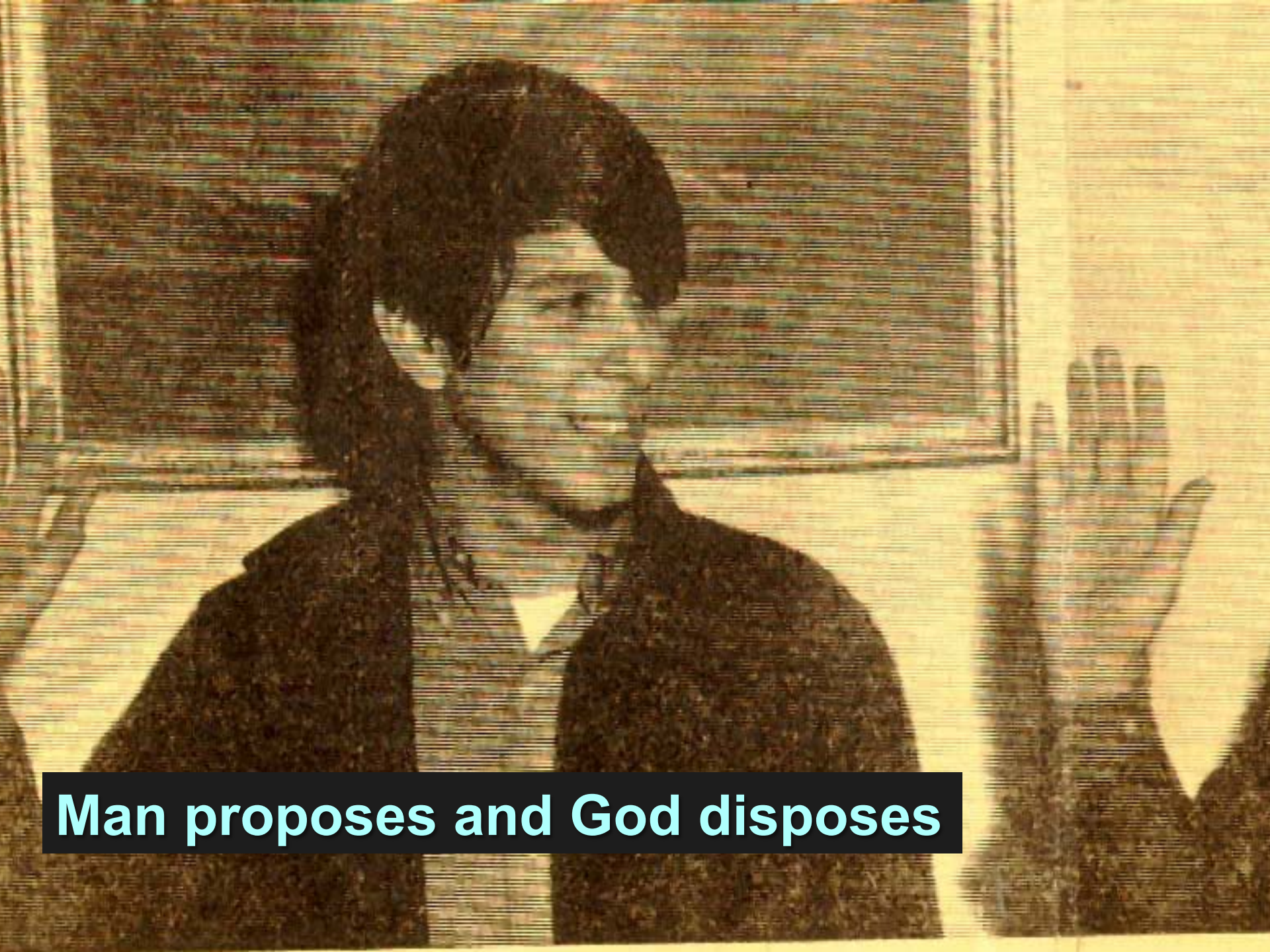
- Not always!
- Not always?
- Yes – but sometimes like to speak beyond their domain
- This can be challenging for a mentor
- Most of our advice is free
- A good mentor is with you for life
- The joy a good mentor gets is your success and friendship
- Successful mentoring requires imagination



Nobody notices anything on a running horse



Where there is a will there is a way
Thank God for nothing
Have an interesting life



Man proposes and God disposes

AS
Students

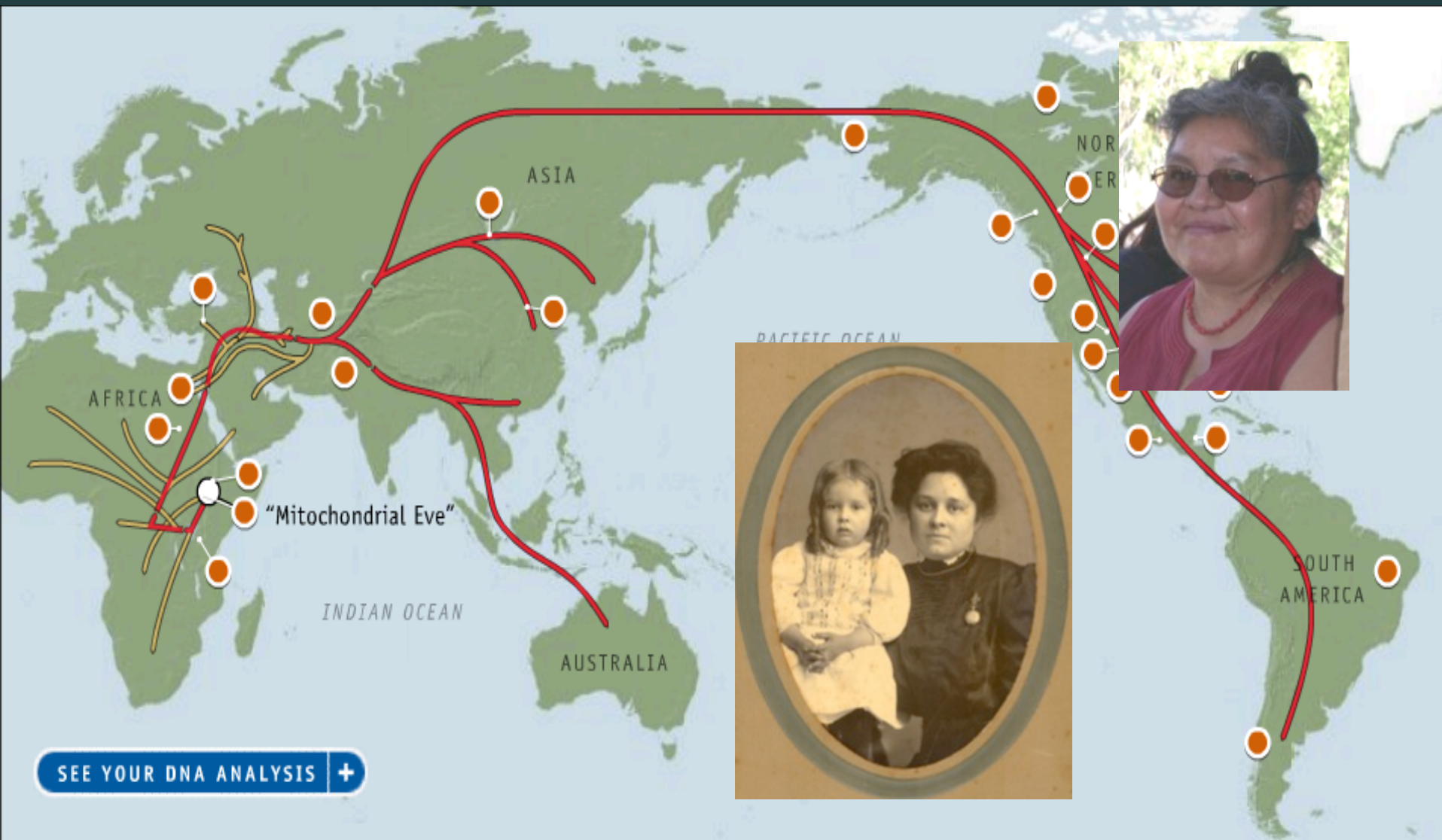
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Professionals

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- Offer Career & Academic Mentoring
- Enhance Leadership & Share Research
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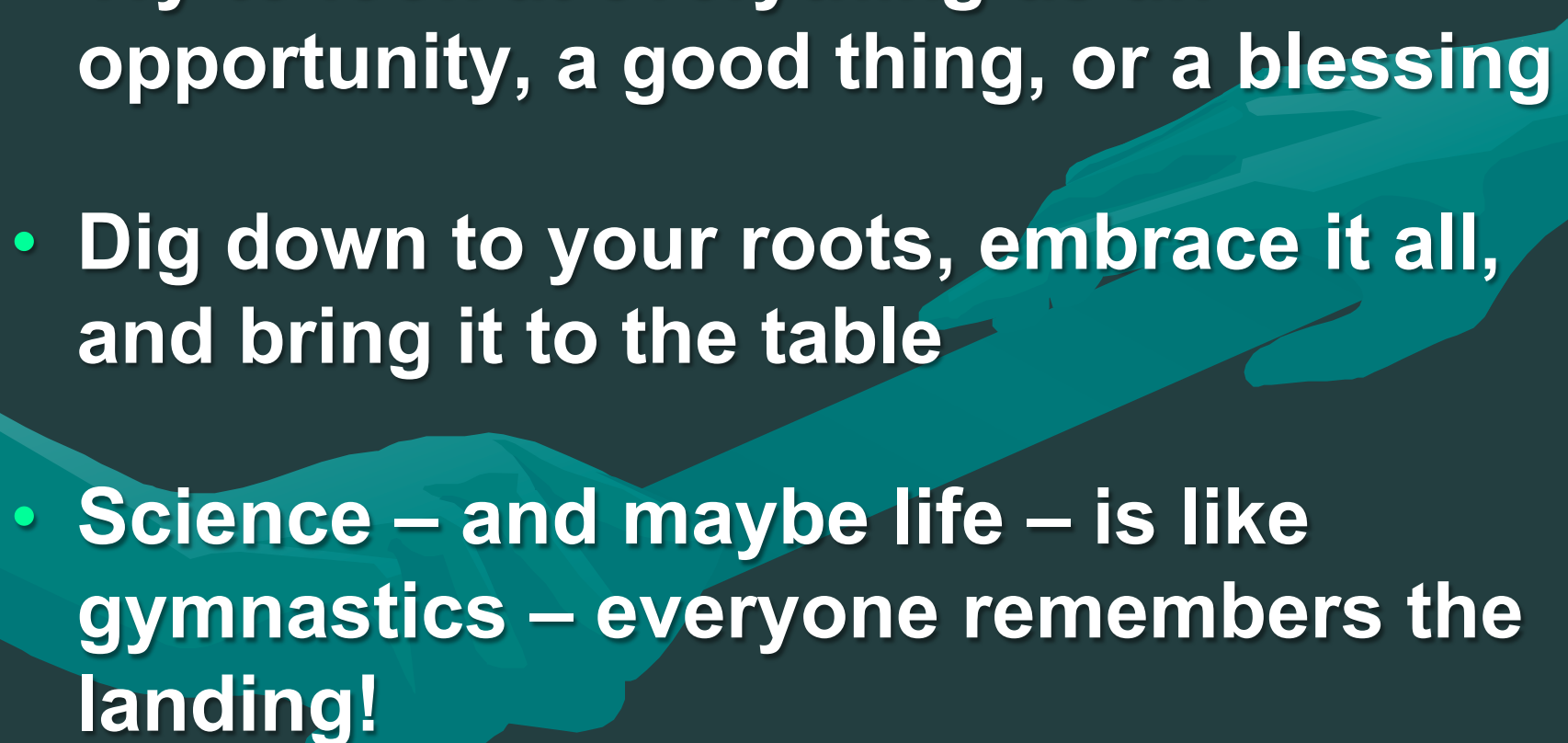


The path of my mitochondrial DNA

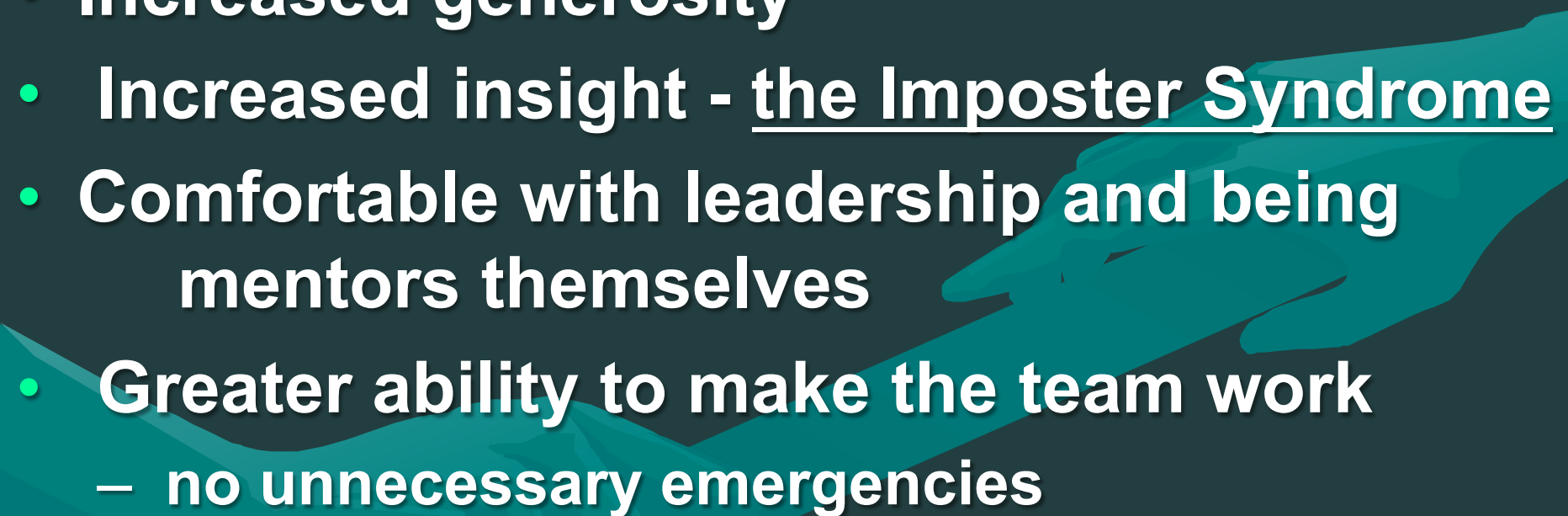




Mentoring principles

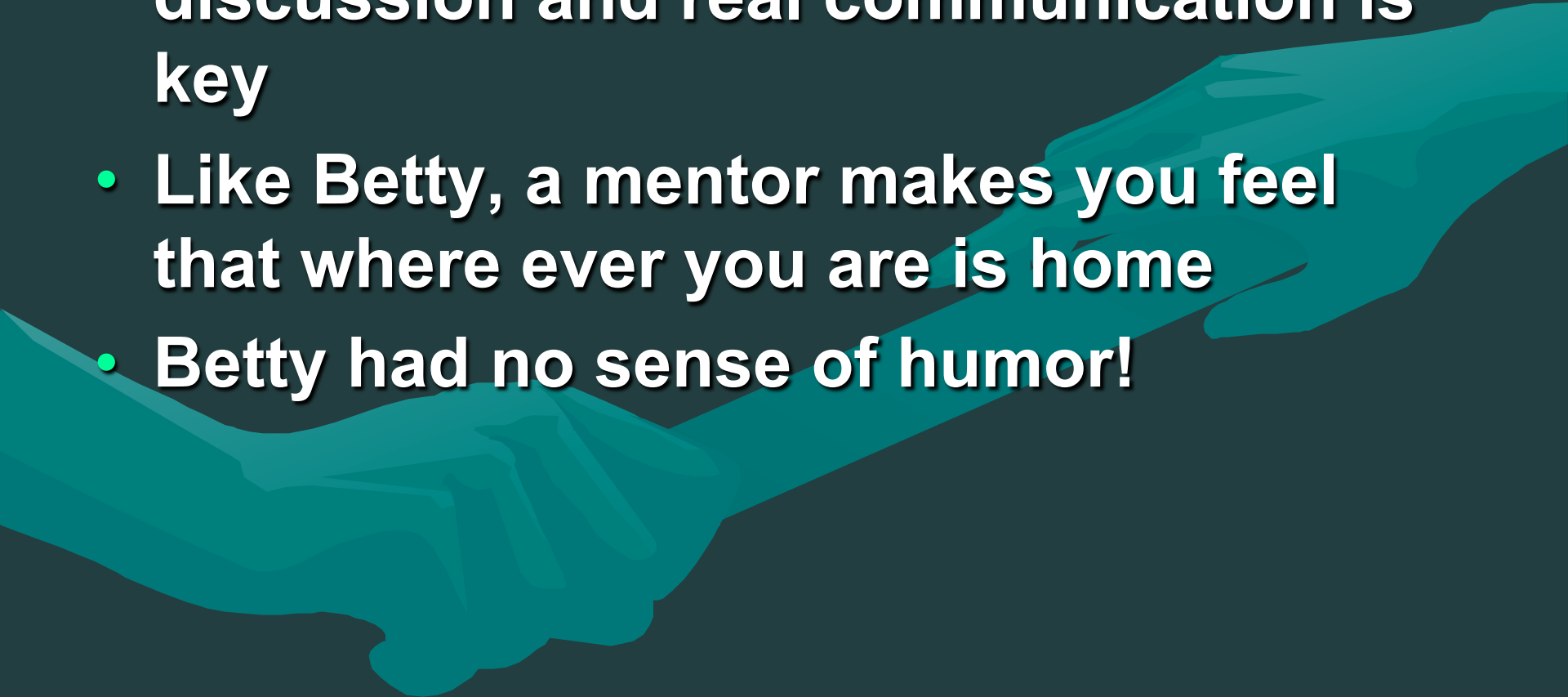
- Know your heart
 - Try to look at everything as an opportunity, a good thing, or a blessing
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 - Science – and maybe life – is like gymnastics – everyone remembers the landing!
- 

How I know when mentoring works?

- Decreased passivity, increased creativity
 - Increased generosity
 - Increased insight - the Imposter Syndrome
 - Comfortable with leadership and being mentors themselves
 - Greater ability to make the team work
 - no unnecessary emergencies
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- A large, stylized teal graphic of two hands shaking, positioned diagonally across the lower half of the slide, behind the text.

Back to Betty

- Unlike Betty, mentoring is a 2- way discussion and real communication is key
- Like Betty, a mentor makes you feel that where ever you are is home
- Betty had no sense of humor!





Low Rider, Los Lunas, NM

Miguel Gandert

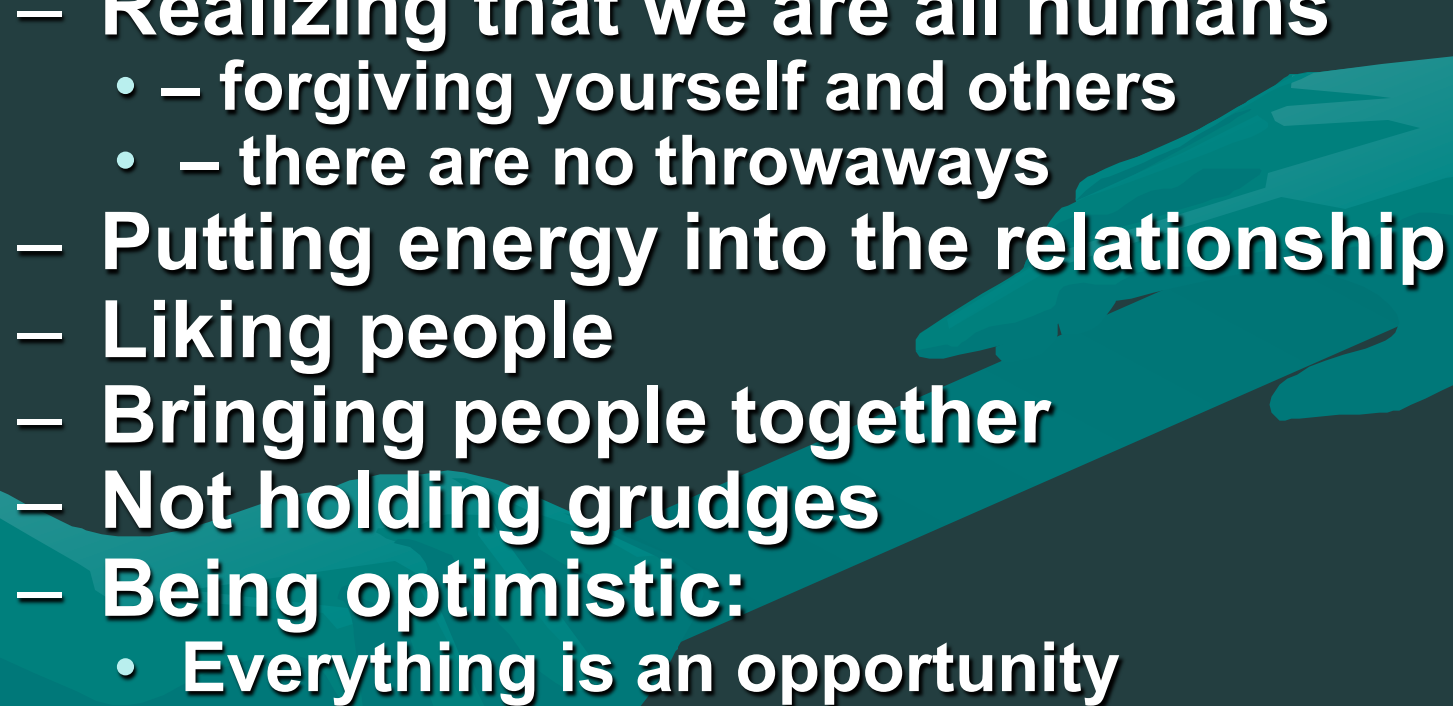


Holy Water & Whiskey

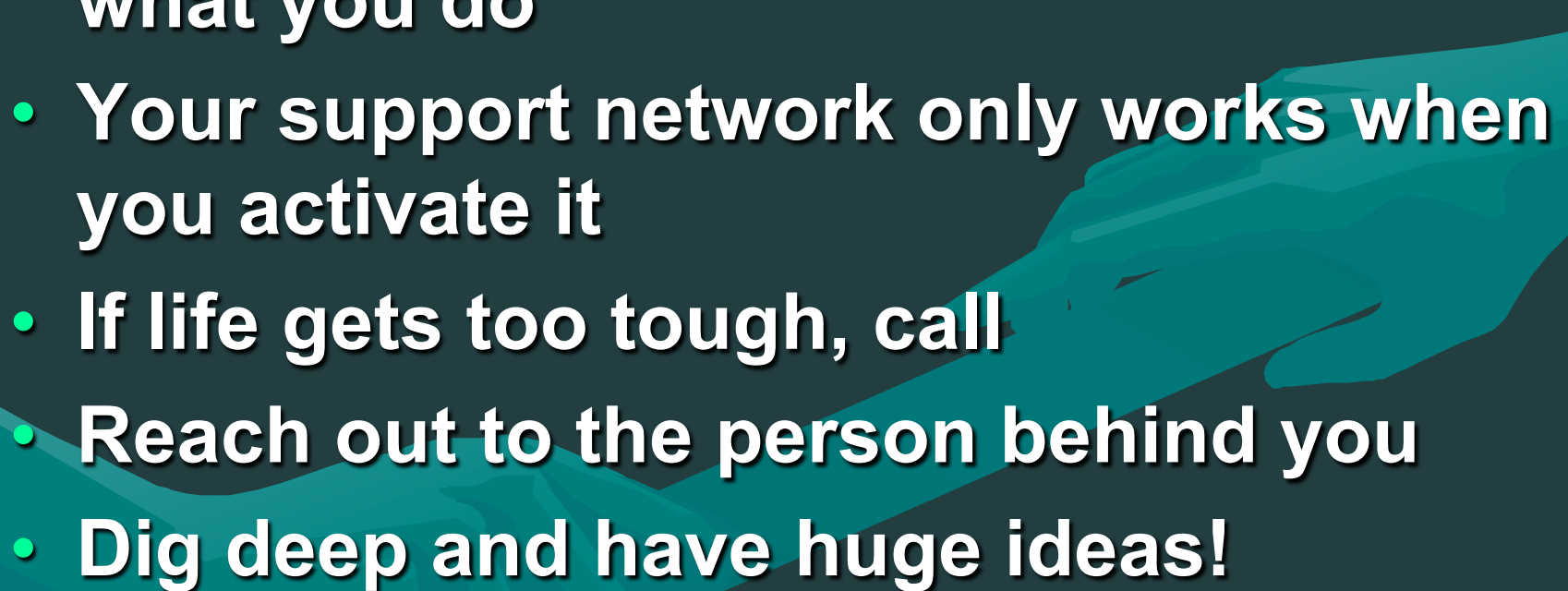
*Miners,
Outlaws,
And Other
Relatives*



What does work?

- Being generous
 - Realizing that we are all humans
 - – forgiving yourself and others
 - – there are no throwaways
 - Putting energy into the relationship
 - Liking people
 - Bringing people together
 - Not holding grudges
 - Being optimistic:
 - Everything is an opportunity
- 
- A stylized illustration of two hands shaking, rendered in a teal color. The hands are positioned on the right side of the slide, with one hand reaching from the top right and the other from the bottom left, meeting in the center. The background is a dark teal gradient.

Remember

- Life is short, do what you love – love what you do
 - Your support network only works when you activate it
 - If life gets too tough, call
 - Reach out to the person behind you
 - Dig deep and have huge ideas!
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- A stylized illustration of two hands shaking in a firm grip, rendered in a teal color. The hands are positioned diagonally across the lower half of the slide, with one hand on the left and one on the right, symbolizing support, partnership, and mutual aid.

Top 10 dichos for mentors

1. Thank God for Nothing!
 2. Everybody's virtues are their faults
 3. You don't notice anything on a running horse
 4. It's an ill wind that doesn't blow somebody some good
 5. It's not what they call you, it's what you answer to
 6. Any age is harder to watch than it is to go through
 7. Where there's a will there's a way
 8. Man proposes and God disposes
 9. In science/life, like gymnastics, everyone remembers the landing
 10. *You can lead a horse to water... but you can't make him drink*
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