

Katy Schwaeble  
Mentoring Statement  
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I have been greatly influenced by my past mentors who were mainly teachers and academic advisors. My first experience with being mentored during my undergraduate career was especially critical in shaping me into the mentor I am today. Having a mentor who instills a sense of self-worth is invaluable, particularly at the point in life when you are still figuring out what direction you want to go. For example, after taking an introduction to research methodology course during my second semester of freshman year, I inquired about further opportunities for practicing application of statistics to political science projects. From here, I began to work closely with the professor who became a mentor to me over the years, and encouraged me to undertake on an optional thesis project that I had not originally planned on doing. This was my first experience with doing research, and this solidified my career path of going to graduate school and eventually embarking on a PhD so that I can do research as a career. I know from my own past that often your biggest barrier (in school especially) is yourself and your own perceptions of your capabilities. I now try to pass along the guidance and strength I received to go above and beyond, no matter how insurmountable a task may seem at the beginning, with each mentee I form a relationship with.

I try to build similar bonds of implicit trust with both peers and the students I teach, as I learned from my mentor's example. I establish this trust by demonstrating that I care for their well-being and show that I am a dependable person who is there if they need support. I always follow through if someone asks for help, as I know that all our time is valuable and if someone has the courage to ask for help, no matter how big or little, this is a true test of the relationship and the trust we have built. Even if it is a small question that does not seem pressing, if it was on their mind I treat it as an urgent issue that I want to help them resolve as quickly as possible. This wanting to assist others quickly may be both an asset and a liability in my mentoring. I am a meticulous person which may lead to me getting bogged down in the everyday problems my mentees bring to me. I am an ambitious person and sometimes wanting others to succeed in the short run may be detrimental to their overall success. I am working on zooming out or taking a big picture view of various problems and issues that people trust me with.

In developing ongoing mentoring relationships, I practice receiving before transmitting. This involves being cognizant of your own weaknesses and then listening and understanding your mentee's unique circumstances, taking time to process these, then transmitting or responding. This approach ties into my desire to zoom out more. I think that understanding and thinking explicitly about where someone is coming from, and delving into questions to better understand this, is a critical aspect of being able to help someone and influence their future in a positive

way. I also find that being an empathetic person goes a long way to make mentoring a natural process. I hope that through caring about the experiences of others I can better understand the uniqueness of them. My goal is to ensure my fellow students feel supported. Therefore, I am committed to creating an environment in which individuals feel comfortable coming to me with issues. I think being approachable is a great asset in forming and continuing mentoring relationships.