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## YUHAO BA'S STATEMENT OF MENTORING

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Transitioning to a senior doctoral student and further to an mentor is exhilarating. Finally, I can be the producer of support and knowledge for others instead of being just a consumer. Every time I receive help from someone, I feel so grateful and could not wait to pass it on to others, to share such positive and inspiring energy. I have always aspired to be a supporter, a guide, and a mentor, who will constantly have the passion to come to others with a big smile and a desire to help, even just a little bit, for people around me. In order to be this kind of mentor, I am committed to creating an open and trustful communication environment, facilitating others' problem-solving, and keeping pace with the times.

As an effective mentor, I view myself as a communicator with whom people can feel free to share their hard feelings. First, I believe being available is the prerequisite for being a communicator. You have to let people know that you are there whenever they need you. This is not just spending more time with people or giving them multiple ways of contact. Instead, being available is to invite people into active communication with you. Specifically, I learn to pay attention to people around me who might be having a hard time, and then approach to them to open up a dialogue, so that they won't feel alienated and might be willing to talk to you. Next, being respectful, trustful, and openminded can really help people to unlock themselves and to show their vulnerabilities. For example, I would first express my gratitude for their coming to me to let them know that they have my respect. Then I will pick a comfortable and secure space where people can feel safe to open themselves. Also, learning to put myself into others' positions really helps me to clear out my stereotypes and be openminded about their problems.

The next thing is learning to be a facilitator in people' searching for solutions. In doing so I believe asking questions could really help me to get more information about the unique situation that my mentee is going through. With a decent amount of information that I need, actively guiding them towards useful resources can be one of the best solutions. In most circumstances, as a mentor I might not be the expert in the area where my mentee is struggling. Being knowledgeable about existing resources can help me deal with different situations. Also, maintaining a network with other mentors could add value to the solution searching process as well, since we may all have blind spots in terms of looking for resources. If the situation is similar to the ones that I have gone through before, helping them with my stories can be a reliable approach for them to solve their problems. One thing to keep in mind in these process, whether the issue is new to me or not, is to ensure my mentees that their problems are not rare by helping them to zoom out to diagnose their situations so that a common feature can be found and they can feel relieved.

To develop sustainability in my mentorship, I believe lifelong learning and self-improving is the direction to go. Continuing to advance my knowledge and skills is vital to be a longterm effective mentor. Participating in the Lead Peer Mentor Collaborative at NC State definitely puts me in a well-developed environment to keep growing. Learning from my colleague mentors, by adopting their ideas and practices, by sharing resources, and by building connections, will add great values to my own mentorship. Learning from professionals, by going outside of the collaborative to workshops and seminars, by digging into the latest research and studies, by having a professional(s) as my own mentor, will ensure that I could have the new resources to adapt to the changing world of mentorship. Most importantly, I learn from my mentees, this goes back to the active communication. Only by understanding the ongoing dynamics of mentees' lives can I be effectively engaging them into effective mentorship, as well as can I keep myself up-to-date. With those three goals in mind, I would be the kind of mentor that I have always aspired to be, the one with passion to help with every growing experience of every mentee.