

Learning in the Lab

HOW TO GAIN THE MOST FROM YOUR MENTOR

EXPECTATION

Setting Expectations

Does your principal investigator expect you to work a certain number of hours a week?
What are your responsibilities?
What do you want to learn in the lab?
Tell your mentor how you work best—independently learning, in a group, being taught by a mentor, etc



Following the Plan

Set a timeline for meeting your expectations
Regularly check in with your mentor (i.e. weekly meetings)
Set goals for each lab day or week
Keep a to do list (maybe use Todoist or Notion)



Transparency

You need to ask your mentor questions in order to learn
Do not be afraid to admit mistakes