TRAIN-UP Applied

Become a Mentoring Rockstar

Learn the theory.

Apply it to yourself.

Troubleshoot with others.

About this program

TRAIN-UP Applied [1] is open to graduate students and postdoctoral scholars currently mentoring/supervising a research trainee (intern, undergraduate, technician, graduate student). TRAIN-UP Applied includes:

- Regular meetings with other mentors
- A support network for mentors.supervisors
A chance to actively apply successful strategies taught in the TRAIN-UP (Training Researchers And Interns for Upcoming Professors) Introduction to Mentoring workshop series. [2]

TRAIN-UP Applied participants do not have to have completed TRAIN-UP to be eligible to attend TRAIN-UP Applied.

This program is a collaboration between UCSF's Office of Career and Professional Development (OCPD) and City College of San Francisco's Biotechnology Program. Meetings will be facilitated by Laurence Clement (OCPD, UCSF) and Karen Leung (Biotechnology, CCSF).

Sign-up for the Spring 2018 cohort:

TRAIN-UP Applied starts January 25 and runs every other Thursday from 12:00 p.m. to 1:00 p.m. until April 19 at Mission Bay and Parnassus. Lunch is provided. There are also opportunities to join online via Google hangout.
To sign up for the spring 2018 cohort, register here [3].

Seven meetings:

1. January 25: 7 responsibilities of a supervisor and defining success
2. February 8: Setting expectations and baseline assessments
3. February 22: Work style preferences
4. March 8: Kudos and corrective feedback
5. March 22: Enforcing consequences
6. April 5: Lab culture
7. April 19: Conflict management

Not a mentor yet?

No time to mentor? You can sign up here [4] for opportunities (examples: doing informational interviews and guest lectures) and volunteer at the next CCSF Biosymposium [5] at UCSF, Mission Bay (opportunities to do mock interviews, judge internship posters, and network with CCSF students).

Interested in mentoring a CCSF Intern? Interns are enrolled in the Bioscience Internship program at CCSF. Bioscience Interns are typically adults from diverse backgrounds (including some without any college degree) who are training for a career as a research assistant or laboratory technician, although a few plan to continue on to professional or graduate school. The CCSF Bioscience Internship program offers a highly structured and contextualized curriculum designed with three goals in mind (1) prepare students for their internship at UCSF and other bay area labs, (2) prepare students for employment in academia or in industry, (3) and support students to continue their science education to graduate with a biotechnology certificate, a 2-year degree or transfer to a 4-year institution.
Internships typically start in mid-January or mid-August and require a minimum 180 hours at their internship site (generally ending around May and December). Mentors select the intern of their choice through a formal interview process. Mentors need the approval of their PI to mentor an intern (internships are unpaid). In addition, mentors will be expected to mentor a CCSF Bioscience intern for 10 to 20 hours each week in their lab. Interns present a poster on their internship research at the end of the semester at the CCSF Biosymposium.

Not quite sure if you're ready to be a mentor? The CCSF BioSymposium, a networking conference for CCSF Bioscience students and interns, takes place on the last Friday of each semester in the Genentech Atrium. This is a good opportunity to view scientific and career exploration posters done by CCSF Bioscience interns and students, learn more about the program and diverse population it serves. Additionally, there are opportunities to volunteer for mock interviews, poster judging, and leading networking lunch discussions. To find out more, email Karen Leung at karen.leung@mail.ccsf.edu.

Why is TRAIN-UP Applied important for a science career?

Developing mentoring, training and supervising skills will help you get started as a PI in an academic institution, or as a scientist in industry. Because students and technicians you will work with in your new lab may come from very different backgrounds than you or your UCSF colleagues, it is important that you develop these skills early on, as a postdoctoral scholar. In addition, experience mentoring diverse students is particularly valued by teaching-intensive institutions, where faculty members are expected to provide undergraduate research (UR) experiences for students.

To find out more, contact Karen Leung at karen.leung@mail.ccsf.edu.