Finding and interacting with mentors is a practice that can help you through every life stage. It is an iterative process—you meet with multiple mentors, and you meet with each mentor multiple times. You are looking for advice and suggestions, but without the expectation that a mentor will do the work for you.

**HOW TO FIND A MENTOR**

In contrast, you’ll typically find formal mentors through programs or other structures specifically designed to provide academic, career, or personal guidance, such as:

- Advising
- Labs
- GUMI

**INFORMAL MENTORS**

Informal mentoring relationships might arise organically through classes, extracurricular involvements, or the workplace. Informal mentors can be people like:

- Peers
- Graduate students
- Faculty and staff
- Alumni
- Community members

**FORMAL MENTORS**

The Graduate-Undergraduate Mentorship Initiative is another great place to find a mentor! 300+ graduate students have already volunteered to be mentors. You can search mentors by field and background in the GUMI database (gumi.yura.yale.edu/gumi-db/).

**WHY MIGHT GRAD STUDENTS MAKE GOOD FIRST MENTORS?**

- Most are not too far removed from the undergraduate experience
- Can help you identify opportunities in research and beyond and connect you with Yale-specific resources you might not be aware of, especially in your major
- Some also have experience with professional life outside of academia

**HOW TO CONNECT**

You probably already know some grad students! Here are a few places to start your search:

- TFS from your courses
- Grad student affiliates in your residential college
- Cultural houses
- LGBTQ and Chaplain’s offices
- Extracurriculars

Adapted from the Yale Academic Strategies Program