

Advising Statement

As your advisor, my primary goal is to provide guidance and support that fosters both your professional development and personal growth as a scholar in a **research-oriented program**. I believe that mentorship is a collaborative process, and I aim to cultivate an environment where open communication, clear expectations, and mutual respect are central. I look forward to working with you and am committed to helping you achieve your goals, both during your time here and in your future endeavors.

My Responsibilities as a Graduate Advisor/Research Mentor

As your graduate advisor, I am committed to helping you develop the skills and knowledge necessary for your academic and professional growth within a research-oriented framework. My specific responsibilities include:

- **Guidance and Feedback:** I will provide regular, constructive feedback on your research, writing, and presentations. This will include biweekly meetings where we review your progress and set future goals. I will also help you troubleshoot challenges and celebrate milestones.
- **Research Development:** I will support you in developing strong research questions, methodological skills, and critical thinking. Together, we will work toward your independence as a researcher while ensuring that you meet the academic standards of your field.
- **Professional Development:** I will encourage and support your participation in conferences, workshops, and other professional activities that help build your network and skills. I will also provide guidance on publishing, grant writing, and other key aspects of academic life.
- **Career Support:** Whether your future lies in academia, industry, or another field, I will help you prepare by providing advice on career opportunities, CV preparation, and interviewing strategies.
- **Mentorship and Advocacy:** I will advocate for your success within the department and help navigate institutional resources when needed. My goal is to foster an inclusive and supportive environment that respects your identity and lived experiences.

Supervision and Support

We will meet for weekly or biweekly supervision, where we will discuss your progress, address challenges, and set goals for the upcoming weeks. These meetings will be structured to ensure that we stay aligned on your project timelines, address any obstacles, and provide a space for continuous feedback. I expect you to be **well-prepared for each meeting**, with a clear understanding of what you have accomplished, where you are encountering difficulties, and what you need guidance on moving forward.

Collaboration in Our Lab

Our lab is **highly collaborative**, and I expect my students to engage actively with their peers. This includes sharing ideas, supporting each other's work, and contributing to a team-based research environment. Collaboration is central to scientific advancement, and I believe that working together enhances creativity and innovation. I encourage you to leverage the collective knowledge

and expertise within the lab to advance your projects while contributing to the success of your colleagues.

Mental Health and Well-Being

I care deeply about your **mental health and well-being**. I understand that graduate school can be demanding, and I encourage you to prioritize your health as part of your academic journey. I am here to support you in finding a balance between your academic responsibilities and personal life. Please feel comfortable discussing any challenges you may face, and I will work with you to find appropriate solutions, whether that be adjusting timelines, seeking resources, or offering additional guidance.

My Expectations for Graduate Students

A strong work ethic is foundational to success in a research-oriented program. I expect that you approach your work with diligence, integrity, and an openness to learning. Time management, accountability, and proactive problem-solving will be essential in maintaining progress in your research and meeting deadlines. Additionally, I expect you to be highly **self-initiative and driven**, taking ownership of your projects and consistently striving to push your work forward. I encourage you to maintain a healthy balance between persistence and self-care, as both are vital to long-term success.

In addition to maintaining a strong work ethic, I expect my graduate students to work on two projects concurrently. One project should involve **secondary analysis**, which will allow you to hone your analytical skills using existing datasets and established methods. The second project should be a **high-risk, high-reward endeavor**, where you pursue novel and innovative questions that may lead to significant contributions to the field. Balancing these two projects will help you develop both depth and creativity in your research.

I also expect my students to have or will develop **strong analytical and critical thinking skills**. Proficiency in relevant software, programming languages, and statistical tools is essential for conducting rigorous, reproducible research. Developing and refining these skills will enable you to tackle complex data analysis, implement advanced methodologies, and produce high-quality research outputs.

My graduate students should be **sensitive to issues of Diversity, Equity, and Inclusion (DEI)** in both their research and academic interactions. This includes being mindful of how research impacts diverse populations and considering how systemic inequalities may influence research questions, methods, and outcomes. I encourage you to incorporate DEI principles into your work and to engage in meaningful dialogue on these issues.

I also expect my students to be **diligent** and able to **maintain multiple aspects of their PhD training**. This includes balancing research, teaching responsibilities, and, when applicable, clinical work. The ability to manage these different components effectively is crucial to your success and overall development as a well-rounded scholar in a research-oriented program.