

Tips, Tricks and Practice with Managing Relationships

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Goals of this session

- Identify your strengths and weaknesses managing your professional relationships
- Develop strategies for deepening relationships and improving communication with your professional peers and with your managers
- Help each other handle tricky relationship situations

Exercise: How do you relate to others? (Think-Pair-Share)

- **Think** about the following questions:
 - How do you communicate with your research advisor? What makes you most anxious about this communication/relationship? What are your specific challenges?
- **Pair** with another student (in a breakout room)
- **Share** your discussion with the group

Notes

Not a lot of chance to practice technical communication skill.

Managing expectation of ourselves vs. managing expectations of the PI.

Exercise: How do you relate to others, part 2? (Think-Pair-Share)

- **Think** about the following questions:
 - How do you communicate with your professional peers? What makes you most anxious about this communication/relationship? What are your specific challenges? How does this compare to your interaction with your advisor?
- **Pair** with another student (in a breakout room)
- **Share** your discussion with the group

Notes

More informal interactions with peers. Especially pre-COVID.

When sharing technical information with your peers you have to give more background.

Developing a shared vision

The key to a successful relationship is when two parties share a common or compatible goal, and each clearly sees their role in achieving this goal

1. What is the common goal (or goals) that you and your advisors share?
2. What is each of your role in accomplishing these goals?
3. How aware are you and your advisor of these roles?

Share out and Brainstorming: Working toward a shared vision

Beyond advising: Allies, Mentors and Sponsors

Ally: A person who provides knowledge, experience, emotional, social or practical help.

Mentor: A person whose primary focus is to coach you and develop your skills and strengths.

Sponsor: A person with significant influence who champions you to decision-makers. They help advance your career.

Make lists: Who currently serves in each of these roles for you? Who would you like to add to your network?

What is the shared vision for each relationship?

Discussion: Allies, Mentors and Sponsors

Q&A (If time)