

SBM Mentoring Program for Early Career Researchers (ECRs)



Aims

- Promote exchange between ECRs, early career professionals and experts in behavioral medicine
- Provide network opportunities for ECRs and behavioral science professionals across disciplines throughout the year
- Provide opportunities to discuss topics relevant for ECRs and early career professionals in a group of peers and with an expert in behavioral medicine
- Promote building a mentoring team for ECRs and early career professionals



Program benefits for mentees and mentors



Mentee	<ul style="list-style-type: none">• Receiving guidance on a self-selected topic (area)• Networking and interdisciplinary exchange with an expert and peers in behavioral medicine
SBM expert (Mentor)	<ul style="list-style-type: none">• Promoting ECRs and early career professionals as a resource for SBM and behavioral medicine• Establish network with the next generation of behavioral scientists and professionals• Give back to the field• Receive new ideas from the upcoming generation in behavioral medicine

Mentee target group and application deadline

- Graduate and PhD Students who are SBM members in 2025.

To maximize the value of this mentoring opportunity, we strongly recommend that applicants have completed at least 2 years of their graduate or PhD studies.

- Post-doctoral scientists who are SBM members in 2025
- Early career professionals in behavioral medicine industry

In collaboration with the Health Equity SIG, we especially encourage **early career researchers from historically underrepresented and marginalized groups to apply!**

Application deadline: December 12, 2024



Mentors recruited for the program

- Recognized SBM members and fellows
- Mentors across different SIGs and disciplines
- Mentors participating in the mentoring program have a record of mentoring and sharing their expertise with ECRs and early career professionals in behavioral medicine inside and outside of SBM
- In collaboration with the Health Equity SIG, we are especially motivated to recruit mentors from historically underrepresented and marginalized groups for the program
- SBM members interested in being a mentor **for the 2025/2026 cohort** can indicate this through SBM's new [volunteer portal](#)



Expectations of the **mentees**

- Having realistic expectations regarding a topic that the mentee would like to receive support on
- Motivation and willingness to learn and accept feedback
- Reliable and frequent participation in the monthly online mentoring meetings – both with the SBM expert and with the peers (11 meetings each 1-1.5 hours between April 2025 and February 2026)
- Take responsibility to coordinate and set up meetings with both the SBM mentor and the SBM peers

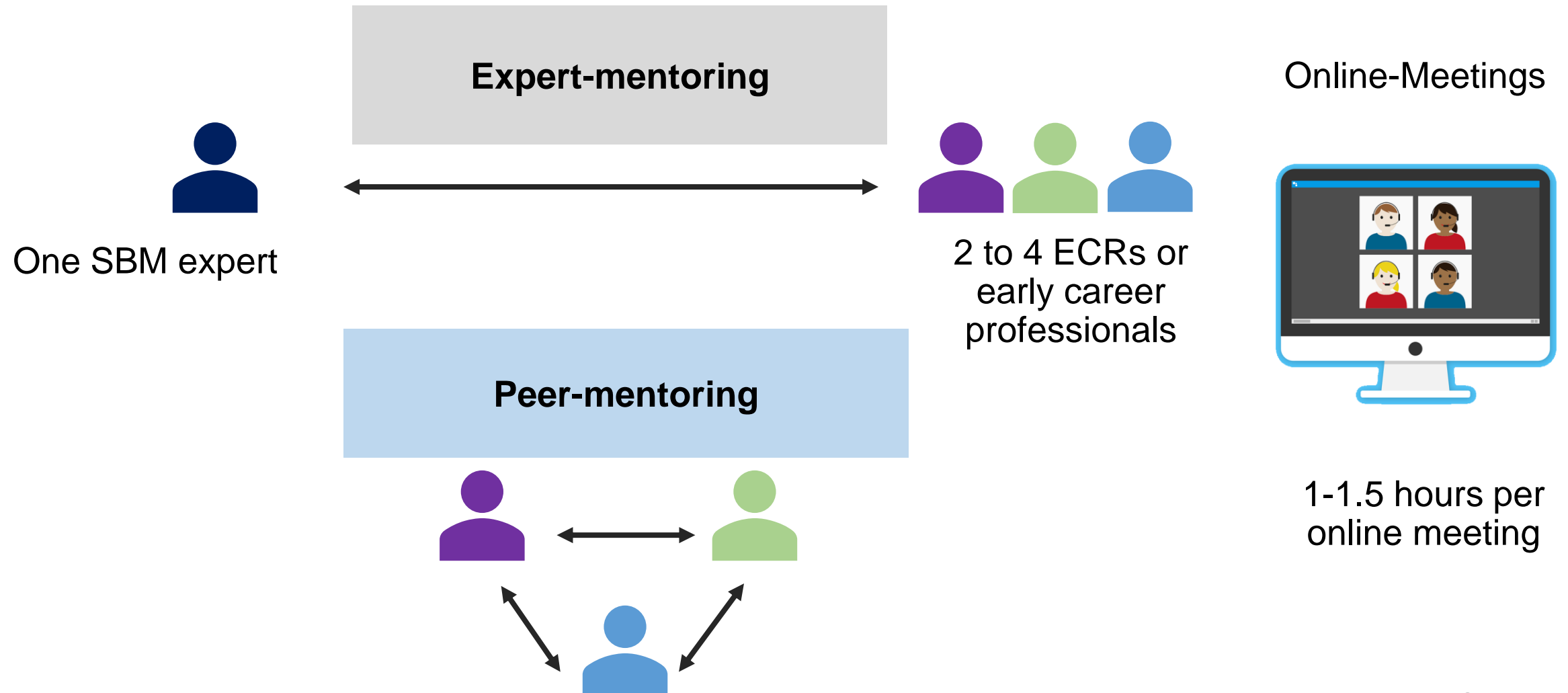




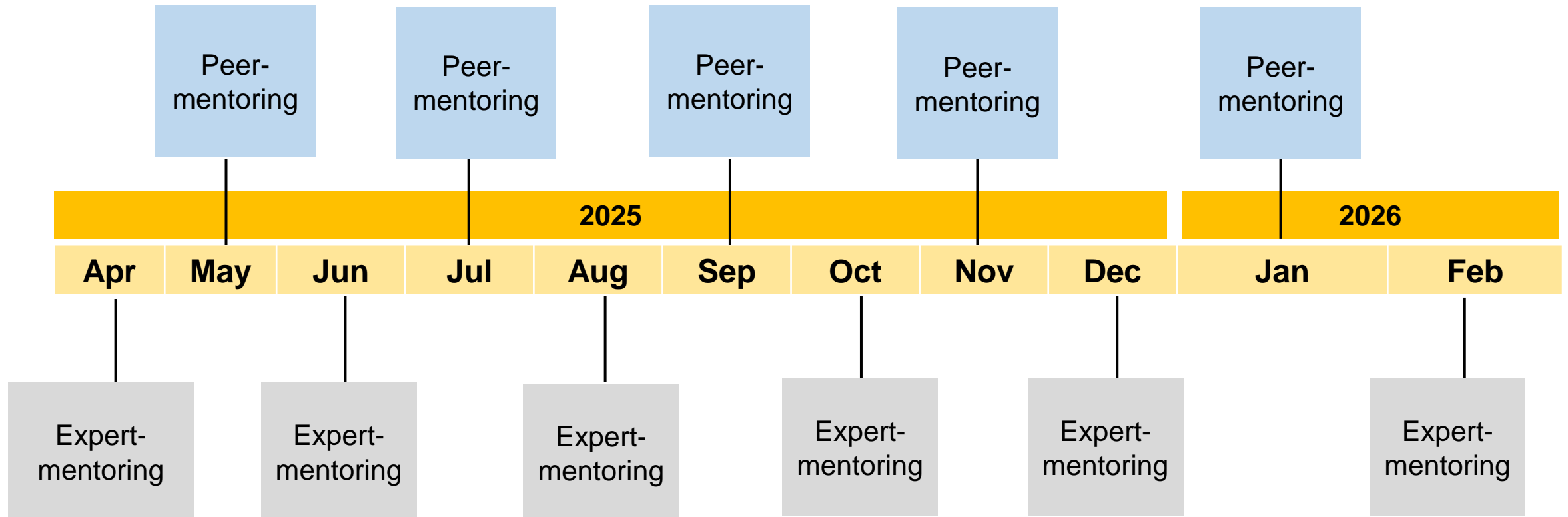
Expectations of the mentor

- Mentoring a topic the mentee(s) chose and the mentor feels comfortable with for mentoring
- Providing feedback to mentees
- Participation in bi-monthly online mentoring meeting with the mentee-group (six online-meetings between April 2025 and February 2026)

Structure of the Mentoring Program



Structure of the Mentoring Program 2025-2026



How to apply as a mentee – Google forms

To help us in matching a SBM mentor and peers, please fill in the google form [here](#). In the form, you will be asked to indicate **up to three** topic areas you would like to receive mentoring on. Topic areas include:



- Grant writing and funding opportunities (e.g., K- and R-awards)
- Teaching (e.g., balancing teaching load, new ways of teaching students)
- Digital health & technology (e.g., ecological momentary assessment)
- Dissemination and implementation science (e.g., choosing an implementation framework)
- General career consultation (e.g., transition to post-doc, alternative career paths outside academia)
- Clinical care (e.g., interaction with patients or medical staff, patient burden)
- Diversity, equity, and inclusion (e.g., recruiting diverse populations, building a research program considerate of DEI)
- Community/participatory research (e.g., how to engage participants in one's research, how to communicate with the community)

How to apply as a mentee – Additional files

In addition, we will ask you to attach the following in the form:

- Academic CV (**one page**)
- Statement of interest: A brief description (**maximum 400 words**) including
 - How you expect to benefit from this program
 - What should happen within this program for you so that you consider it as a success at the end of the mentoring year in February 2026

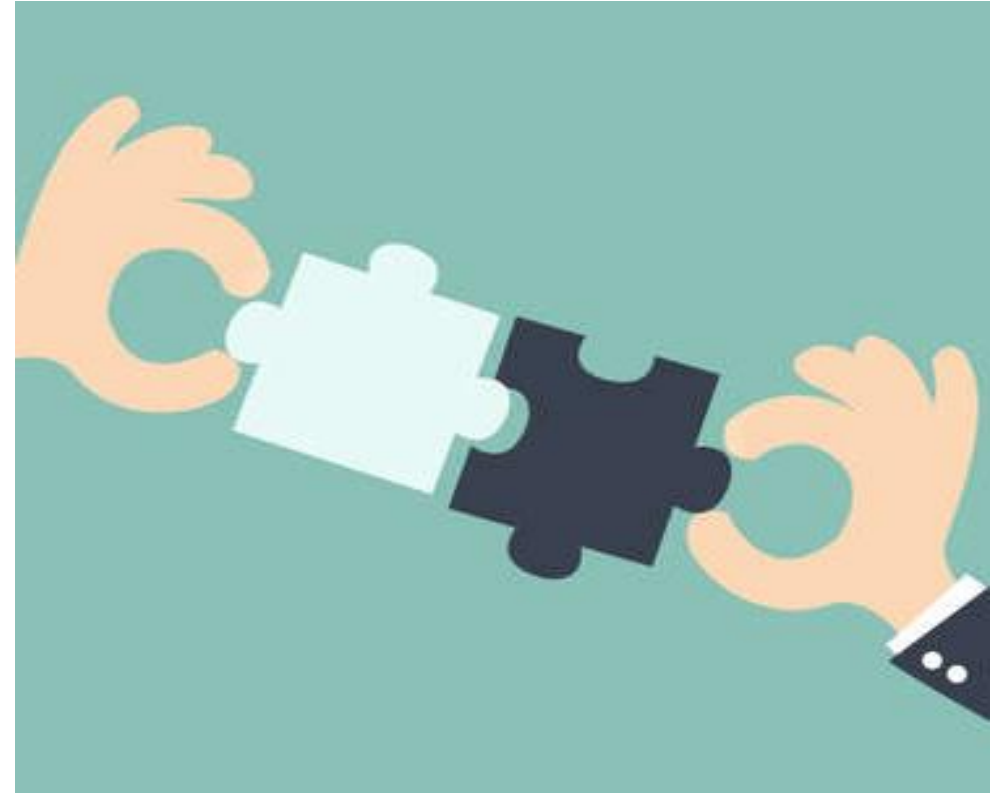
Examples: I'd consider this program as a success if I...

- *submitted my K-award application until the end of program*
- *found an alternative to the academic career path*
- *found a collaborator for my next research project*
- ...



What happens after the application deadline

- The ECR Mentoring Program Committee will review all applications and match the applicants with a SBM mentor and peers based on
 - Topic area for (receiving) mentoring
 - Career level
 - Study area / professional discipline
- Due to a limited number of mentors, we can not guarantee that everybody can participate in the program
- After the matching process, we will inform the mentors and the mentees



Questions? Talk to us!

Dr. Carina Nigg
carina.nigg2@unibe.ch

ECR Mentoring Program Committee Chair

