# Postdoc Mentoring Map

Accessible version

Your Name:

## Who can you talk to for:

### Substantiative Feedback

Department Colleagues (enter names and contact information)

Professional Editors

### Sponsorship

Faculty Advisor / PI (enter name and contact information)

Other Faculty in your Department

### Access to Opportunities

On Campus Mentors (enter names and contact information)

Off Campus Mentors

Peer Mentors

### Accountability for what really matters

Names (enter name and contact information)

### Professional Development

On Campus (enter name and contact information)

Off Campus

### Emotional Support

Friends (enter name and contact information)

Family

Others

### Role Models

Names (enter name and contact information)

### Intellectual Community

Readers 0-25% (enter name and contact information)

Readers 25-50%

Readers 50-75%

Readers 75-100%

### Safe Space

Names (enter name and contact information)

### MSU Offices for Support

**Office of Postdoctoral Affairs** - <https://postdocs.msu.edu/>

Aaron Reifler, Ph.D., M.Ed.

735 E Shaw Ln, Room W101

East Lansing, MI 48825

Phone: (517) 353-2425

Email: [reiflera@msu.edu](mailto:reiflera@msu.edu)

**Office of Faculty and Academic Staff Development** - <https://ofasd.msu.edu/>

Hannah Administration Building

426 Auditorium Road, Room 308

East Lansing, MI 48824

Phone: (517) 432-1185

Email: [OFASD@msu.edu](mailto:OFASD@msu.edu)

**#iteachmsu Commons** – <https://iteach.msu.edu/>

Share ideas or questions, connect with educators across MSU, find resources and development opportunities.

**WorkLife Office** - <https://worklife.msu.edu/>

Respectful Workplace - <https://workplace.msu.edu/>

479 West Circle Drive

Linton Hall, Room 118

Phone: (517) 353-1635

Email: [worklife@msu.edu](mailto:worklife@msu.edu)

**Employee Assistance Program (EAP)** - <https://eap.msu.edu/>

479 West Circle Drive

Linton Hall, Room 110

Phone: (517) 355-4506

Email: [eap@msu.edu](mailto:eap@msu.edu)

**Health4U** - <https://health4u.msu.edu/>

479 West Circle Drive

Linton Hall, Room 110

Phone: (517) 353-2596

Email: [health4u@msu.edu](mailto:health4u@msu.edu)