

“MentorUp - A skill-building session designed for graduate students ”

Sara Anne Tompkins

Colorado State University

Monday, October 13th, 2025 at 4:00pm

Engineering 100

Abstract

MentorUp is a skill-building session designed for graduate students to take a more active and confident role in shaping their mentoring relationships and navigating the broader challenges of graduate school. Adapted from the Center for the Improvement of Mentored Experience in Research (CIMER), the session introduces strengths-based strategies for aligning expectations, improving communication, accessing resources, and resolving conflict. It also incorporates tools like mindfulness to help students reflect and engage with intention and clarity.

Biography

Dr. Sara Anne Tompkins is the Associate Dean for Student Services at the Graduate School at Colorado State University. With a Ph.D. in Applied Social Psychology and over 20 years of experience in both higher education and applied settings, she leads efforts to support graduate student success, well-being, and a strong sense of belonging through improved support practices and student development.

A first-generation college graduate and former Pell Grant recipient, Dr. Tompkins is passionate about strengths-based mentoring and advancing success for neurodivergent learners in higher education. She shares her educational journey to build authentic connections and emphasizes mentorship grounded in kindness and respect to meet students' individual needs. She has presented nationally on these topics. Outside of work, she enjoys spending time outdoors and with her three children.