



## Mentee Spotlight: Alexis Briggs

Alexis Briggs is a senior and a psychology major at VCU. After graduation, she plans to enroll in a Ph.D. program in clinical or counseling psychology. Read more about her experience in the Graduate School Mentorship Program.

### What goals did you set with your mentor?



My mentor, Rachel, and I have set up a timeline in order for me to get my graduate school application things together. By the end of our time together, I plan to have taken

the GRE, rounded up recommendation letters, finalized my curriculum vitae, and began my personal statement.

### How will you know when you've achieved your goals?

Success to me looks like me having completed my application materials by Spring, and having a stress-free Fall as I apply to graduate schools.

### What are some of the challenges you have faced in this program?

The only difficulty that my mentor and I had in the beginning was finding the time out of our busy schedules to meet. However, we resolved it by setting up a time and a back-up time to meet once a week, which I would recommend to mentor-mentee pairs in the future if they are having trouble finding time to meet.

### What do you like about having a mentor?

Having a mentor has been very beneficial for me. I am able to have a priceless resource as I apply to graduate school, which is someone



Alexis meets her mentor at Orientation

who knows the process implicitly because they once went through it. I also have another person to add to my support system as I go through the semester.

### What is the most important thing every mentor and mentee should know?

I think that it is important to know that the mentor-mentee relationship is not a one-way street. Mentees can be just as beneficial to mentors as a support system or resource just as mentors are to mentees.

### If you could tell your mentor one thing what would it be?

I would tell my mentor that she has been very helpful so far in helping me get organized in my process to apply to graduate school and to keep up the good work!

### What has been a benefit of being in the program?

This program is beneficial for me because it has put me in contact with graduate students so that I can receive a first-hand account of the graduate school experience.



Alexis learns about graduate school from the mentors at the GSMP Workshop in November.