

If you don't ask people you respect and whose opinions you value what your reputation is, you may never know. It seems so simple, however, asking for feedback (with an open and sincere desire to learn and grow) rarely occurs. A bad reputation can prevent you from advancement opportunities. They may say no, in which case you evaluate their response and your request, but you will not learn if you do not ask. The following grid will help you identify who to ask and what to work on to help you achieve your career goals.

Who to ask	Who do you ask?	What is your reputation?	What do you want it to be?	Gaps	Next Steps	Timeline
Professional / Mentor (respected and well-known in your field)						
Peer / Colleague (works with you)						
Faculty / PI / Mentor (teaches or guides)						
CI / PI / Supervisor (supervises your work)						
Personal (attests to your character)						