

# SWE NEXT



## How can a high school girl interested in STEM find a mentor?

Mentoring is a fantastic way to learn technical and soft skills throughout your schooling and career. Mentors in high school and beyond can guide, teach, and be a source of support when you need advice. Behind every successful scientist and engineer there is a long line of mentors, teachers, and advisors who have helped them reach their goals.

But where do you look to find a mentor when you haven't started your career or even decided what kind of engineer you want to be? This month we asked SWE engineers and technologists how a high school SWENexters could find a mentor and they had some fantastic advice to help you find the right mentor for you.

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Finding a mentor in high school can be challenging, but not impossible! I would recommend talking to a teacher at your school who you admire and ask them to be your mentor.

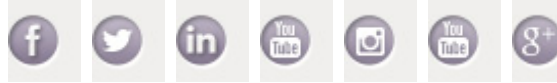


If there isn't a teacher at your high school that inspires you, then start looking outside of the classroom. Attend women in STEM events in your area and talk to those who oversee the event. If there are panelist speakers that you find interesting, follow up with them after the panel and ask for their email. You can even look for role models on social media. There are a ton of STEM professionals tweeting and posting to Instagram.

Finding a mentor online may be even more beneficial than an in-person mentor, as you can find someone who is more aligned to your interests. There is a great international database of women in STEM who are inspiring role models for young women called the FabFems directory. You can find a role model near you by [visiting here](#). Maybe the role model could become an e-mentor to you.

There are people out there who want to mentor you, so don't be afraid to ask!

Read more about how to find the right mentor on SWE's [All Together](#) Blog.



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