# Suggested information mentees include in their initial email to a prospective mentor

Your name:

Your discipline, faculty and university:

Whether you are a:

* Previous Award Recipient
* Award Applicant

**Your aims as a mentee**

What you are looking for from the mentorship? What you hope to achieve from the process? (Please be as specific as possible.)

What, if any, specific skills or experience that you are looking for in a mentor?

What stage of your application, or post-award journey are you at?