



Engaging the Five-Fold Path on Your Academic Journey: Balance, Community, Culture, Mentorship, Scholarship

*We encourage you to utilize the [NCFDD Mentoring Map](#) to help you answer these questions.

What resources and knowledge do I need	WHO	WHY	HOW	NEED NOW/LATER	OBSTACLES (external)	RESISTANCE (internal)	TO DO
1. to discover, achieve, maintain, and sustain balance and/or equilibrium in my life?							
2. to identify, create, and maintain personal and professional communities of support?							
3. to negotiate the cultures in which and with which I live in Bloomington, at IU, and my larger academic community?							
4. to find a mentor or to be a mentor and to succeed and thrive?							
5. to understand and meet the scholarship and research expectations of my discipline(s)?							