# Corner Your Professor

**The absolute best way to get the most out of supervision is to prepare, prepare, prepare. Ask yourself the following questions:**

**What does my work need?**

1. What does my work need as it stands right now?

2. How could my supervisor contribute specifically?

3. Is there anything I can do to make this easy for my supervisor? Anything I need to note? Anything to prepare?

## What do I need?

4. What do I need emotionally right now? Anything?

5. How could I give myself what I need? How could I be extra kind to myself?

6. Is there a role for my supervisor in this (or not)? For example by asking for feedback?