

## **Micro-Mentorship Program Application**

### **Program Overview**

Co-created by the Faculty of Medicine Alumni Office and Student Affairs, the Faculty of Medicine Mentorship Program is a fantastic way for students to connect with MD alumni in a one-on-one conversation. This is an opportunity to receive advice and insight into the field of medicine and grow their professional network. Above and beyond specializations, the mentorship program helps students build a meaningful professional relationship with an experienced physician.

The Mentorship Program is open to all Dal MD students. All Dal MD alumni are eligible to be mentors.

### **Program Commitment**

Commitment on the part of mentors and mentees will be minimal, consisting of 1-3 30-minute virtual conversations. Medical students accepted into the program will be matched with an early or mid-career alumni or faculty physician based on a set of predetermined criteria (such as their chosen career path, practice, lifestyle, etc.). Once matched, each student will provide the topics or questions for discussion and then will meet virtually with their mentor via phone, Zoom, FaceTime, Google Hangouts, MS Teams or other video conferencing platform (by mutual agreement of the student and mentor). Students are encouraged to be flexible to accommodate the mentor's schedule. After their meeting(s), there is no obligation to continue meeting. However, student mentees and alumni mentors are welcome to continue meeting for as long as both find mutual benefit and subsequent meetings are encouraged but not mandatory.

### **Participating in the Mentorship Program**

Students interested in participating in the program must complete the online application form (see below).

Alumni interested in participating in the program must complete the online application form (see below):

All students and alumni will receive email confirmation that their application has been received as well as upcoming important dates/next steps.

## **Matching Process**

The matching process is facilitated by Alumni Office and Student Affairs. Students and alumni will be matched based on professional interests and/or mentorship goals.

Students will receive an email introduction with their assigned mentor including contact information.

Following the introduction, students must initiate contact with their assigned mentor within five business days.

## **Responsibility**

The Micro-Mentorship Program is **student driven**. Students are responsible to initiate and maintain all communications. Students must coordinate convenient meeting times with their alumni mentor; students are expected to have their webcams on for virtual “face-to-face” meetings. Students will be respectful of their mentor’s time, ensuring they are on time for meetings and responding to emails/phone calls in a timely fashion.

In advance of the first mentorship meeting, students should prepare an agenda with conversation topics and/or questions to maximize the full benefit of the meeting. This can be a short list of discussion points to help guide the conversation. Before this meeting, the agenda will be provided to the mentor so that they have time to prepare.

Discussion topics can include career planning; decision making; work/life balance; equity and diversity; the opportunities and challenges of the profession.

## **Mentorship Closure**

At the end of program, a survey will be sent to all participants requesting feedback from their mentorship experience.

## **Connecting with More Alumni Mentors**

After meeting with their assigned mentor, students may connect with a second alumni mentor by contacting the Alumni Office.

## Micro-Mentorship Program Application

Name:

Email Address:

Postal Address:

Year of Study (Mentee):                      **OR** Graduation Year (Mentor): MD

**Tell us your areas of mentorship interest. Select all that may apply (at least 3):**

Anaesthesia ☐

Dermatology ☐

Emergency Medicine ☐

Family Medicine ☐

Internal Medicine (list subspecialty in comments) ☐

Neurology ☐

Paediatrics ☐

Physiatry ☐

Psychiatry ☐

Obstetrics and Gynaecology ☐

Otolaryngology (ENT) ☐

Ophthalmology ☐

Radiology ☐

Surgery (list subspecialty in comments) ☐

Other\* ☐

Ethnocultural considerations in Medicine: ☐ \*Please provide details below

Physician Health in Medicine/Work-Life Balance: ☐ \*Please provide details below

\*Ethnocultural considerations, physician work/life balance, or other please specify:

**For Student Applications:**

Would you be interested in being matched with an alumni mentor who is a resident? Yes / No / Doesn't Matter

Would you be interested in being matched with an alumni mentor who is a rural physician? Or a specific location? ie. New Brunswick Yes / No / Doesn't Matter

Please share additional information about yourself. Any details you provide may help with the matching process.

**Application Submission**

Please submit your completed **to** Emily Brown

Manager, Alumni Engagement and Community Relations

emily.brown5@dal.ca