

6 Parts of Year 1 Mentoring

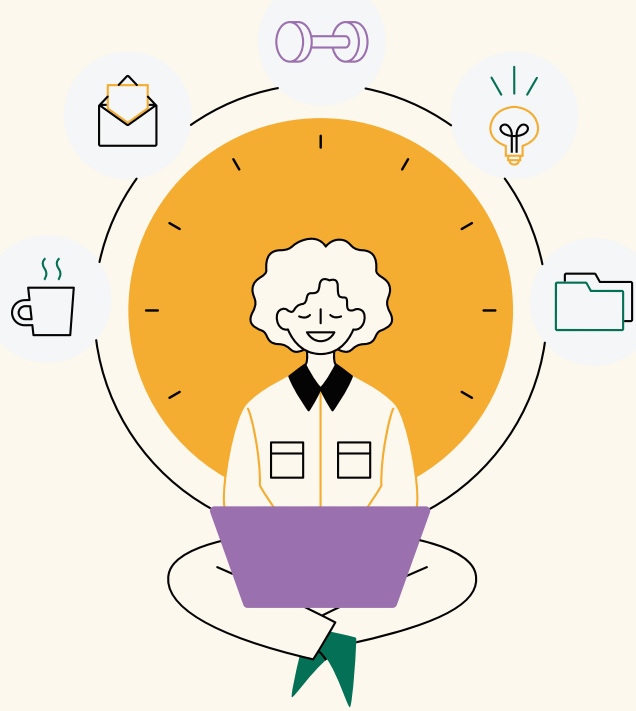
1 Build the Connection

Try to **gauge** your mentees dynamic. Understand what they are expecting and seek to get out of the mentoring experience and set **expectations** for yourself.



4 Exam Preparation

Ensure that they are engaging in **active recall** in the lead-up to exams
Usually best to have an **exam-focused** strategy when creating notes week-to-week
Best ways to focus on **high-yield** content



2 Explore University Life

- Accommodation status
- Financials & Transport
- Clubs and Societies
- Physical Activity
- Keeping up with expectations of university

5 Managing Stress

Share your own experience with managing stress

Explore stress management techniques:

- Breathing (mins-hrs)
- Calendar (months)
- Diet, Exercise, Sleep

There may be some crossover but you are not expected to deliver therapy

3 Time/Study Organisation

Understand how your mentee studies. Encourage them to try **new** ways of learning and finding what works. Always encourage **group study** for OCEs. How does your mentee **organise** time and balance responsibilities?



6 Goal Setting

It is important for Y1s to set goals so they can begin making small steps into developing into the doctor they want to become. This is difficult to start with but will improve as your relationship grows. Your job is to get your mentee to set SMART goals with you that you can check in on and followup.