

6 Parts of Year 2 Mentoring

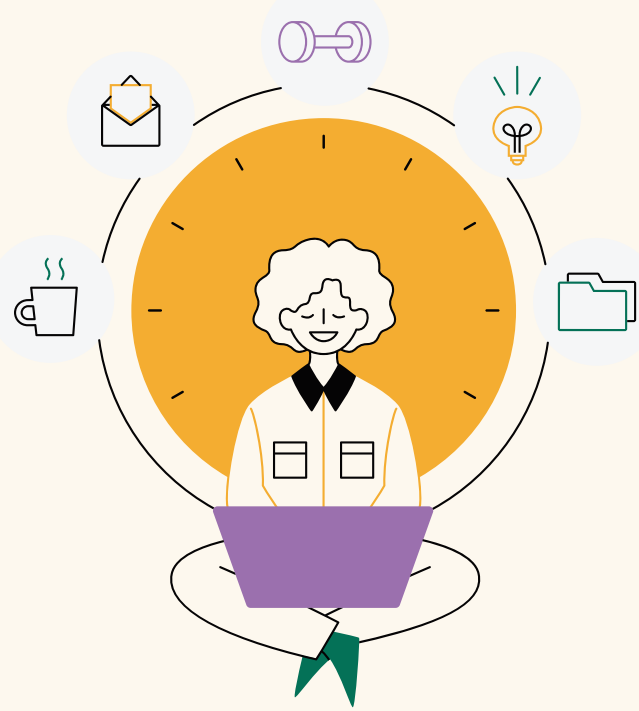
1 Build the Connection

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. .

Anatomy is a new challenge for Y2 which may require **new** learning techniques

Always encourage **group study** for OCEs.

How does your mentee **organise** time and balance responsibilities?

Reflect on your own time management experiences in year 2.



6 Personal Development

Try to explore the following topics with your mentee and provide your own experience

- Communication skills
 - What facilitates open communication?
- Honesty and Academic Integrity
- Diversity of Identity
 - Life outside medicine
- Creation and Maintenance of relationships