

6 Parts of Year 3 Mentoring

1 Build the Connection

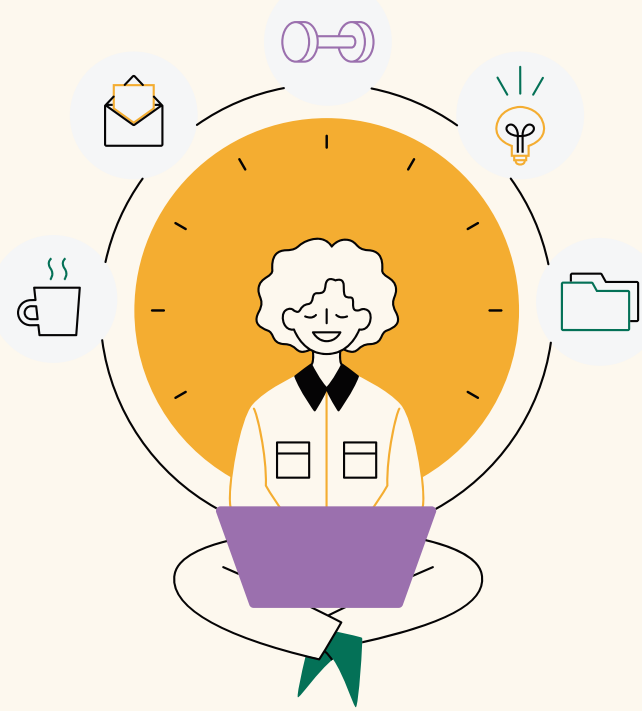
Try to **gauge** your mentees dynamic. Understand what they are expecting and seek to get out of the mentoring experience and set **expectations** for yourself.



4 Professional Development

This is important for all clinical students

- Communication skills
- Punctuality
- Dealing with failure and mistakes
- Respecting the differences in people
- Exploring views of oneself and others



2 Placement Adjustment

- How is their **attendance**?
- How do they **approach** placement?
- Explore a positive or negative **experience** on placement each meeting.
- Share your own experience

5 Managing Stress

Share your own experience with managing stress (for exams)

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.

How has your mentee been working through the **matrix**?

Always encourage **group study** for OCEs.

Reversal studying:

1. Disease → Symptoms
2. Symptoms → Disease

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



6 Life And Identity

For growth and development in medical students, it is important they have a diversified identity outside of their medical studies through their relationships or interests.

Try to explore your own understanding and experience with this topic then share with your mentee.