

6 Parts of Year 4 Mentoring

1 Build the Connection

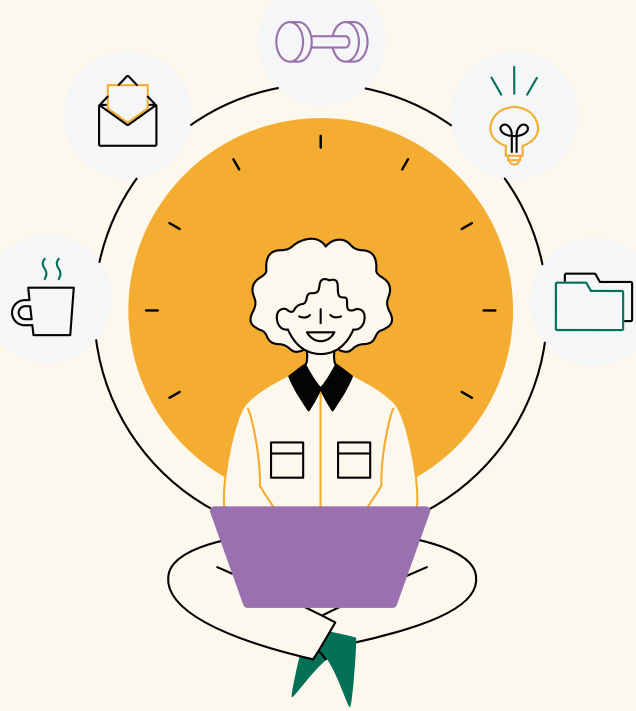
Try to **gauge** your mentees dynamic. Understand what they are expecting and seek to get out of the mentoring experience and set **expectations** for yourself.



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 Placements & Structure

Y4 has 4 rotations:

1. Psychiatry
2. Paediatrics
3. Women's Health
4. General Practice

Placement now can involve more confronting and difficult topics. Support your mentee and provide your own experience where appropriate.

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 Wellbeing & Lifestyle

In Y4 it is natural for mentees to spend more time studying

However, they need to still maintain their

wellbeing

Try to explore the perceived **differences** between y3 and y4

Provide your own advice on balance and wellbeing



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.