

6 Parts of Year 5 Mentoring

1 Build the Connection

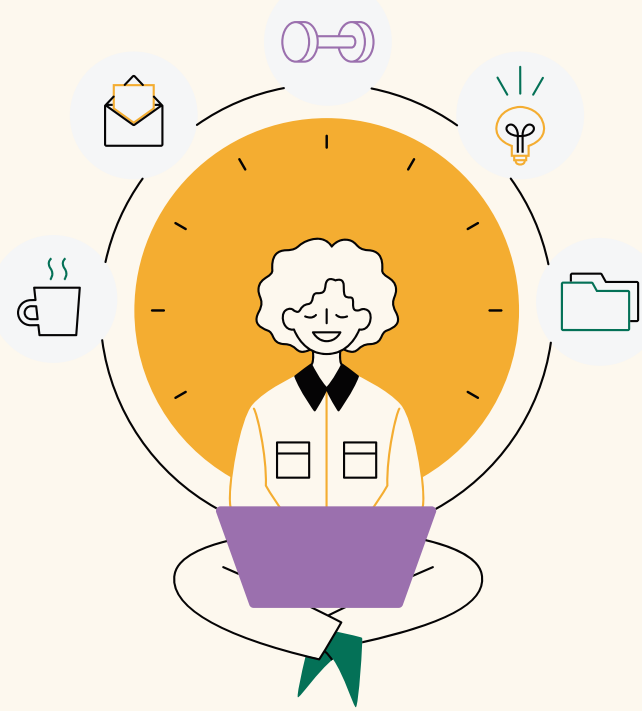
Try to **gauge** your mentees dynamic. Understand what they are expecting and seek to get out of the mentoring experience and set **expectations** for yourself.



4 Professional Development

These students are about to become medical interns. Think about what skills you believe are important or what your mentee may need help with. Examples:

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



2 Placements & Structure

Y5 is the final year of medicine. The rotations are:

- Research (CIP)
- ED
- Aged Care
- Surgery, Medicine, Speciality

This year is the victory lap of medical school that should mostly involve revision

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 & The Future

In Y5 it is important for students to **prepare** for internship. This would be the best time to take care of **wellbeing** and set up good habits for next year. Try to explore your mentees views on internship and try to encourage accurate **expectations** based on your experience.



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.