University of Calgary Internal Medicine MentorShip Programme

Goals of Mentor Group Meetings

Four formal sessions per year will cover:

- Career planning guidance
- Promotion of wellness/balance
- Royal College exam preparation
- Access to broader network for advice/projects

Cues for Informal Contact
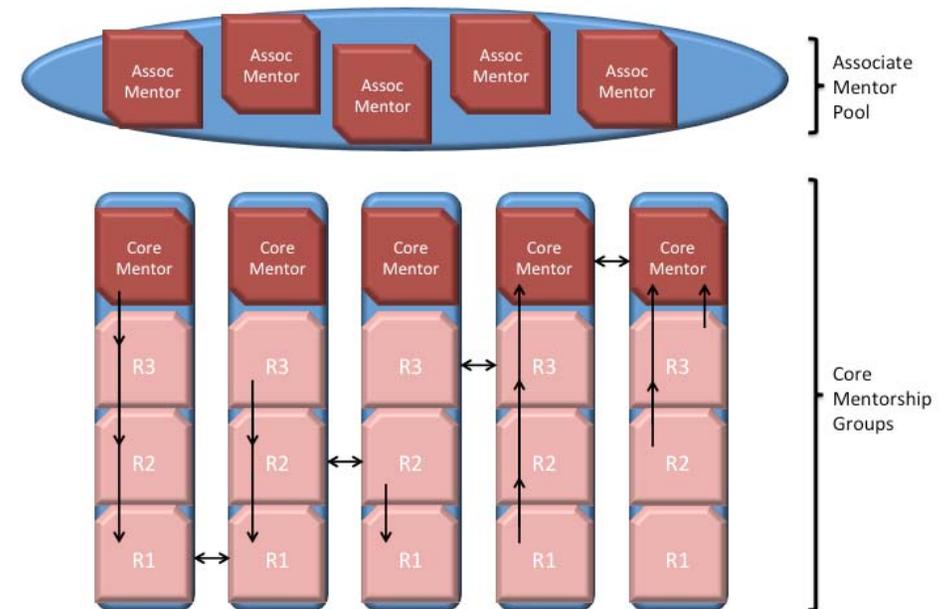
Contact any member in your group for:

- First Junior call shift
- First patient death
- First Senior call shift
- Near misses/errors
- Presentations (CPC, AM report, etc.)
- First ICU rotation
- R4 subspecialty match
- Optional evaluation review

Useful Resources

- RCPSC: www.royalcollege.ca
- PFSP: 1-877-SOS-4MDS (1 877 767 4637)

Contact Information

Dr. Kirstie Lithgow:
Kirstie.lithgow@ahs.ca

Royal College Preparation and Clinical Effectiveness	Career Plans and Competitiveness	Wellness

What is your study plan for rotations and for the RC exam?
 	
Are you following through on your study plan?
 	
What resources/methods to study are you aware of?
 	
Are you appropriately prepared for your level of training?
	Have you considered/decided on:
	  ▪ Clinical career choice
	  ▪ Clinical vs. part or full time academic
	  ▪ Urban vs. rural locations
	
	Are you competitive for
	  ▪ Fellowships (clinical or non-clinical)?
	  ▪ Jobs?
	
	Through which routes are you exploring careers?
	  ▪ Electives
	  ▪ Discussions
	  ▪ Projects
	  ▪ Teaching (e.g. UME small groups)
	Are these routes providing meaningful support?
	
	Techniques
	  ▪ Backward map from end goal in life (professional/personal)
	  ▪ Touch base with core mentors and residents
	  ▪ Be honest with self and each other
	  ▪ Hold each other accountable to reaching goals (professional/personal)
	  ▪ Be open to new experiences and approaches
		What are you doing to achieve balance?
		
		What areas need attention?
		  ▪ Family
		  ▪ Friends
		  ▪ Exercise
		  ▪ Nutrition
		
		What are your wellness goals and what steps are you taking to achieve them?