UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Bachelor of Health Sciences

Mentorship Program: Mentor Guidelines

Overview

The Mentorship Program is open to all interested BHSc students. It is promoted on the basis that the guidance provided by a mentor will benefit students throughout their studies and career path. Students will be matched with mentors based on broad research interests that are shared by both mentor and student. The program is based on the availability of mentors, and therefore matches will be made on a "first come" basis.

Student participants in the program are expected to make a mature commitment to creating respectful and professional relationships with their mentors. **Students are advised that they are expected to make the initial contact/introduction with their mentor. However, we do recognize that some students do not know how to approach their mentor. Therefore, you can make the initial contact with your mentee(s).** Any student who registers in the mentorship program is advised that a volunteer mentor's time is invaluable, and it is critical that they appreciate and respect the time commitment and support that each mentor provides to this unique relationship.

Guidelines for Mentors

It is expected that each mentor and student will develop a unique relationship. Here are some possible suggestions on what a mentor relationship can provide:

- Offer insight and guidance to your student(s) on such topics as choosing career paths, educational enrichment, research opportunities, networking, volunteer options, seeking funding (including grants and summer studentships), publishing research results, etc.
- Share your own experiences, insights, and advice with your student(s). In this way, you can serve as a powerful role model to help students envision their own future careers.
- Invite your student(s) into your academic environment to give them a glimpse of how you function professionally.
- Facilitate for your student(s) to virtually meet others within the Cumming School of Medicine and members of the professional community who may share a specific research interest with your student.
- Become familiar with your student's aspirations and interests and help guide and inspire them as appropriate.
- Expose the student(s) to other relevant professional activities, associations, academic journals and/or conference experiences.
- Arrange to meet your mentee in public places rather than your private office. Virtual meetings are also encouraged as it offers flexibility for both parties.

Should students be non-communicative or are not a right fit, please immediately inform Mr. Tharwat Skeik – tharwat.skeik@ucalgary.ca