



UNIVERSITY OF TORONTO
FACULTY OF MEDICINE

MD/PhD Alumni Mentorship Program

Program Overview

The MD/PhD Alumni Mentorship Program is a fantastic way for MD/PhD students to connect with alumni in one-on-one conversations. For students, this is an opportunity to receive advice and insight into the field of medicine and grow a professional network. For alumni, this is an opportunity to support student success.

Above and beyond specializations, the mentorship program helps students build a meaningful professional relationship with an experienced professional.

Program Commitment

The Alumni Mentorship Program runs through the academic year (September to May).

Once matched, alumni mentors and student mentees **must meet at least two to three times** during the academic year. If schedules allow, additional meetings are encouraged.

During the COVID-19 pandemic, mentor-mentee meetings should be virtual (via Zoom, Skype or by phone).

Participating in the Program

MD/PhD students must complete the online application form:

<http://www.facmed.utoronto.ca/form/mdphd-longitudinal-mentorship-program-mentee-application>

MD/PhD alumni can volunteer to be a mentor by completing the online registration form:

<http://www.facmed.utoronto.ca/form/mdphd-longitudinal-mentorship-program-mentor-application>

All students and alumni will receive email confirmation that their application has been received.

Student Mentees Responsibilities

The MD/PhD Mentorship Program is student-driven:

- Be responsible to initiate and maintain all communications with your mentor
- Take the lead in scheduling meeting times and locations/online meeting platforms
- Make the most out of your time with your mentor and prepare an agenda with discussion topics and/or questions for each of your meetings
- Be on time for meetings and respond to emails/phone calls quickly (this will show that you are respectful of your mentor's time)

Mentor Responsibilities

- Create a safe and trusting environment
- Be timely and respectful
- Be a good listener who is empathetic, approachable, and non-judgemental
- Provide valuable and constructive feedback
- Establish personal boundaries, expectations, and communication methods early on

Mentorship Meetings

Below is a list of suggested topics to guide your mentorship conversations. Feel free to discuss only those which are most relevant to you.

- CV critique and/or interview preparation
- Job search strategies and career planning
- Building professional networks and conducting informational interviews
- Work/life balance and clinic/research balance
- Resources for further professional development (associations, conferences, courses, online tools etc.)

Check-Ins

Staff from the Office of Advancement will be checking in with both mentors and mentees twice during the course of the program. The first time will be early November to ensure that all matches are going smoothly and the second will be in the New Year (March). In addition to this, students may be contacted more frequently by their program representatives to encourage an active mentor-mentee relationship.

Mentorship Closure

The official part of this mentoring relationship ends at the completion of the academic year (May). Please take some time to fill out the evaluation form for the program which will be sent to you electronically.

If you have any questions about your match or the mentorship program, please contact Karen Lee, Alumni Relations Officer at kare.lee@utoronto.ca.