

Mentorship
WSPS General Meeting
Tuesday, October 13th – 5:30-6:30 PM

5:30-5:45

Student Announcements

5:45-5:50

Kristina – Introduction and Overview

Student questions to address:

- What is a mentor?
 - Someone you look up to in your profession that can help guide you in your career as a pharmacist
- Why is it important to have a mentor during pharmacy school?
 - Can help identify your strength or areas you might want to work in
- Do I have to have a mentor by a certain year in pharmacy school?
- When is the right time to find a mentor?
 - Anytime is the right time

5:50-6:15

Sharing our mentorship experiences

Amanda – discuss a faculty mentor

Eileen—discuss a preceptor mentor

Erin—discuss an older student mentor

Sara—discuss mentorship in the work environment

Dan—discuss mentee to mentor transition (student to pharmacist to resident)

Student questions to address:

- Who is your mentor, and how did you choose him/her to be your mentor?
- Who can be a mentor/do I have to find a mentor that is in the pharmacy field?
 - Faculty, fellow students, preceptor, someone you have a lot of facetime with,
- How/where do I find a mentor?

- Reach out to the faculty mentor – go to office hours, bounce ideas off of them, she had good pertinent advice and found out that she was reliable and trustworthy
- Mentorship starts with you reaching out to them – people want to help you, but you just need to ask for it
- You need to be the one to initiate it
- What is the appropriate way to ask someone to be my mentor?
 - There isn't a firm start and end date to you having a mentor
 - There is no harm in asking
 - Mentors are everywhere
- What qualities should I look for in someone to be a good mentor?
 - Have similar interests, what type of practitioner do you want to be, well respected in their institution, someone that has high expectations of you (9 times out of 10 – people will meet those expectations), also someone that will give you honest feedback

6:15-6:20

Jenny –so you found a mentor...what now?

Student questions to address:

- What are some things my mentor can help me with?
 - Willing to take risks with you, someone willing to challenging you
 - Mentors can help you with a wide arrange of things, you just have to ask
 - Literally anything
- What time commitment do I have to give to my mentor?
- What commitment does my mentor have to give me?
- What will my mentor expect out of me?
- How do I communicate with my mentor?

- If someone isn't responding, you might want to find someone else
 - Someone you can trust
 - Someone that can give you honest feedback
- Does it have to be in person, or can it be via e-mail?
 - It can be however you can reach them
 - Go to conferences to meet people
- If I have a mentor, is it only for a certain amount of time, or is it life-long?
 - Relationships last as long as you foster it
 - Long-Long
- Can I have more than one mentor?
 - Encouraged to have more than one mentor

6:20-6:30

ALL – Wrap up and remaining questions

Student questions to address:

- What is your advice about having a mentor?
- What did you wish you knew about mentorship when you were in pharmacy school?