Career Mentoring Programme

Medicine

Wednesday 9th May 2018
Content

• The University of Aberdeen Career Mentoring Programme
• Mentoring: What it is and what it is not
• The Medicine Stream
• Testimonials
• The Application Process

www.abdn.ac.uk/careers
The University of Aberdeen Career Mentoring Programme

• Established in 2011 by the Alumni Relations Office and Careers Service.
• Aims to link current students with graduates who are willing to share their professional experience and expertise and to help you develop your career ideas.
Facts and Figures

Law Stream Launch
- 83 Matches (in total)

Engineering Stream Launch
- 173 Matches (in total)

Biosciences Stream Launch
- 185 Matches (in total)

- 2011 - 2012
  - 64 Matches (in total)

- 2012 - 2013
  - March 2011

- 2013 - 2014
  - 9 Matches (in total)

- 2014 - 2015
  - 202 Matches (in total)

- 2015 - 2016
  - 4 Streams
  - 270 matches (in total)

- 2016 - 2017
  - 4 Streams

2017 – Medicine Stream Launch (18 students)
What is Mentoring?

"A helping relationship based on an exchange of knowledge, experience and goodwill. Mentors help someone less experienced gain confidence, clearer purpose, insight and wisdom."
## Role of a Mentor

<table>
<thead>
<tr>
<th>Role</th>
<th>Description</th>
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<tr>
<td><strong>EXPERT</strong></td>
<td>A source of technical/professional knowledge</td>
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<tr>
<td><strong>SOUNDING BOARD</strong></td>
<td>Testing ideas and suggestions</td>
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<tr>
<td><strong>CRITICAL FRIEND</strong></td>
<td>Supporting, giving constructive feedback</td>
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<td><strong>GUIDE</strong></td>
<td>Showing how the industries and systems work</td>
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<td><strong>ADVISER</strong></td>
<td>Giving advice, which the mentee decides how best to use</td>
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<tr>
<td><strong>FACILITATOR</strong></td>
<td>Helping to make things happen, highlighting opportunities, access to key people</td>
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<tr>
<td><strong>MOTIVATOR</strong></td>
<td>Encouraging and motivating to achieve goals</td>
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<tr>
<td><strong>GOAL SETTER</strong></td>
<td>Help set and focus on goals</td>
</tr>
<tr>
<td><strong>CHALLENGER</strong></td>
<td>Challenging assumptions, encouraging different ways of thinking</td>
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Benefits of Mentoring

• Learn about a particular specialist area
• Talk to a professional in their workplace
• Gain an 'insider's guide' to the application process and how to gain access to the area of medicine you want
• Identify your professional development needs
• Increase your knowledge and confidence
• Add to your Enhanced Transcript
The Enhanced Transcript

The Enhanced transcript records your courses and grades as well as co-curricular activities.
Typical mentoring activities

• Meet mentors and their contacts
• Building professional networks
• Attending seminars, conferences and other training events with your mentor
• Shadow work activities of mentor
• Visit to mentors place of work
• Application advice
• Practice interviews
The Medicine Stream

- Open to students about to enter 3\textsuperscript{rd} or 4\textsuperscript{th} year of MBChB programme
- Mentoring takes place from mid June - December 2018
- You must be a registered student for the duration of the mentoring period (ie until July 2018)
- You do NOT have to be in Aberdeen for the duration of the 6 months
Who are our mentors?

- Practicing clinicians from FY2 to consultant and professor level
- Most are Aberdeen based but others are in Belfast, Newcastle and London
- Working in variety of areas including
  - General Practice
  - Psychiatry
  - Radiology
  - Anaesthetics
  - Medical Microbiology
  - Paediatrics
What Do We Expect From You as a mentee?

- Prepare fully for involvement throughout the 6-month mentoring period
- Take the lead in arranging and recording any actions from meetings with your mentor
- Commit to interactions face-to-face, phone, email or virtually, e.g. Skype
- Attend introductory and mid-session workshops
- Provide feedback at appropriate times
- Represent the University in an appropriate manner
Testimonials
What students say

“The Career Mentoring Programme is one of the worthiest things I have done during my time in Medical School. The investment of time and effort in me made by my Mentor has been outstanding. When I look back, I believe applying to the Mentoring Programme will prove to be one of the key moments in my career”
Application Process

• Apply via an online application form with optional CV
• Deadline is **Friday 18\(^{th}\) May 2018**
• We will match you with a mentor based on all the information received
• Competitive – not all students will be matched
• You will be informed by email by **Friday 8\(^{th}\) June** if you have been matched with a mentor
How to Apply?

• Applications open today!
• Apply via CareerConnect - https://abdn.targetconnect.net/leap/jobSearch.html?id=19957
• Option to include CV
• Complete online form
• Deadline: Friday 18th May 2018

www.abdn.ac.uk/careers
Application - Medicine Mentoring Scheme 2018

Placement applied to

Organisation

Application Form

THIS FORM IS FOR APPLICATIONS TO THE MEDICINE MENTORING SCHEME ONLY

Welcome to the University of Aberdeen’s Career Mentoring Programme.

The University of Aberdeen Medical School and Careers Service is delighted to announce the 2018 launch of their dedicated Medicine stream of the successful Career Mentoring Programme.

The Career Mentoring Programme is one of the many activities in which you can take part to enhance your employability and was first launched in 2011. Since then over 1000 students across the University have benefited from the professional experience and expertise of their graduate mentors.

The Medicine Stream is specifically for medical students about to enter their 3rd or 4th year of the MBChB degree programme. Over a 6-month period (June-December 2018) mentors will offer, on a one to one basis, the benefit of their own experience in the medical profession and also give you an insight into the knowledge and skills required for success in your chosen career path. You must be a registered student for the whole period June 2018-December 2018 to apply for the scheme.

The information you provide in the application form will be used in the matching process and will be treated confidentially.

Please complete all sections of this application form.

The deadline for applications is Friday 18th May at 5pm.

www.abdn.ac.uk/careers
Application form (2)

Two further questions:

• Please explain why you have chosen these employment areas for your potential mentorship (200 words maximum)

• What are your career aspirations and what makes you an ideal candidate for the Career Mentoring Programme? (200 words maximum)

• Optional – upload your CV
Tips for completing the form

- Select 3 preference areas
- Use the 200 word limits effectively
- Explain why you chose each of the preference areas
- Tell us about your career aspirations and how you could benefit from the mentoring programme
- CVs should be saved in the format – last name, first name
- Can save as draft
Your CV

• Should be up to date!
• Lots of CV advice and examples at www.abdn.ac.uk/careers/cv-applications-interviews
• Have it checked via a 15minute appointment with the Duty Adviser (book online via CareerConnect) or use the virtual adviser service
• CVs should be saved in the format – last name, first name before uploading
Useful webpages

Mentoring case studies
www.abdn.ac.uk/careers/co-curriculum/mentoring

CV Advice and sample CV’s
www.abdn.ac.uk/careers/cv-applications-interviews
Contact for mentoring

Kate Robertson
Employability Projects Officer

Any questions, problems or issues please email us at mentor@abdn.ac.uk

Or visit the Careers Service
2nd Floor, Students’ Union, Old Aberdeen
Any Questions?