



MIDWESTERN UNIVERSITY



**Thank you for representing MWU to help future healthcare professionals find their career passions and achieve their goals!**

# Kick-off Event:

**Wednesday, October 29**  
4:30 to 6:00 PM | Hyde Atrium

## Mentor Program Guidelines

1. Attend Kick-off event on October 29 to meet your mentee!
2. Meet with your mentee at least once per month for at least 20 minutes – via phone, MS Teams/Zoom, or in-person
3. Keep a quick log on CANVAS of each interaction, including topics you covered, questions, concerns
4. Attend at least one follow-up check-in meeting in February 2026
5. Attend on-campus spring hands-on lab event with your mentee in April 2026

If your mentee has another MWU mentor, feel free to coordinate with that student or maintain separate interactions. The more the college students have feedback from graduate students, the better!

**For questions  
or more info, email:**

[lvozar@midwestern.edu](mailto:lvozar@midwestern.edu)



**Midwestern University**  
Tomorrow's Healthcare Team

[midwestern.edu](http://midwestern.edu)

# Establish Rapport

- **Be consistent**, prompt, reliable, and professional
- **Be YOURSELF!** Share your stories of how/why you choose your profession, what struggles you overcame, what successes you've had, what you're most excited about for your future
- **Ask about THEM!** Find out what they like, what they are worried about, what questions they have, what their strengths and weaknesses are
- **Set goals together**, including both immediate and longer-term
- **Help them find resources:** specific faculty to talk with, books/articles/websites, professional associations, etc.

# Mentee Topics

1. How to find **shadowing/interning/volunteer** experiences
2. How to get involved with **research** as an undergraduate
3. **How to choose a career** in healthcare – what career specifically?
4. **Resume writing**/tips on bolstering applications
5. MCAT/other **test-taking** study tips
6. Preparing for **interviews**/public speaking tips
7. **Coping mechanisms**/how to find support for academic & mental health
8. **Diversity in healthcare**
9. How to find academic or military **scholarships**
10. **Gap years/ practical job skills** (medical scribe, EMT, phlebotomist, etc.)



# Becoming a Good Mentor

- Be respectful of your mentee's identity
- Ask for feedback regularly
- Listen actively
- Be empathetic
- Show respect for other professions/reduce competitiveness
- Provide guidance and advice instead of making decisions for them
- View yourself as a role model – don't talk down about yourself; instead, highlight how you troubleshoot and overcome difficulties