



MENTORSHIP

Instructions for students and mentors



SVEUČILIŠTE U SPLITU
MEDICINSKI FAKULTET
UNIVERSITAS STUDIORUM SPALATENSIS
FACULTAS MEDICA



What is mentorship?

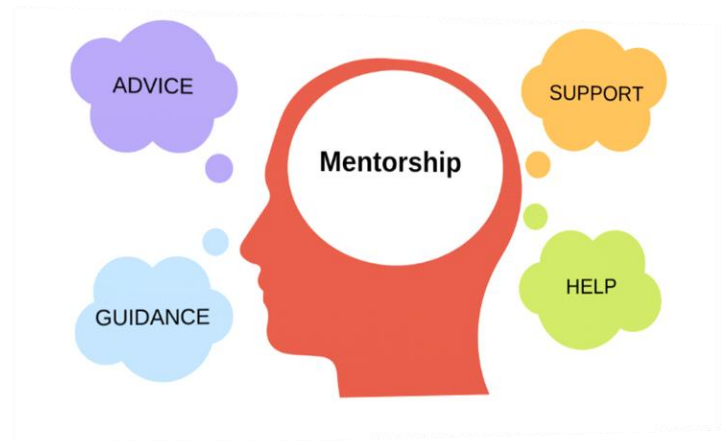
Mentoring during studies implies a long-term connection between the mentor and the student. A mentor is a teacher, paragon, advisor, one who provides support during college education and helps the student gain self-confidence. It is not necessary for the mentor to be from the field in which the student will be engaged after completing his studies. The goal of these instructions is to help students build a quality relationship with the mentor and to understand the concept of mentorship at our faculty.

Why mentor?

Many of you may wonder if you even need a mentor. Although studying medicine seems to be strictly predetermined, there are unpredictable situations in which a mentor can be of irreplaceable help. For example, during your studies you may face questions:

- Can I participate in research processes??
- How will I balance student and private life?
- Which field of medicine is the most suitable for me?
- Do I have the necessary skills to perform surgical practice?
- What if I don't pass the exam??

A mentor who understands and knows the study system well, will give you the best answers and advice in finding answers to previous or similar questions. Even if at the beginning of your studies it seems that you don't need a mentor, his presence will make it easier for you to make important decisions. Therefore it is necessary to establish a quality relationship with a mentor even before you need him.



Qualities of a good mentor

- interested in the study process
- motivated to help the student
- available
- experienced
- respected in the academic and professional community
- willing to share his experience and knowledge
- good communication skills:
 - listening
 - providing constructive criticism
 - providing understandable instructions and advice
- sensitive to student needs and preferences
- capable of providing support in stressful and demanding situations



How to build a successful cooperation with a mentor?

After you have been assigned a mentor at our college, you make the first contact with your mentor via e-mail. During the first contact, it is important to introduce yourself in a few sentences and propose a meeting to the mentor. If after the first contacts you fail to establish a successful cooperation with the assigned mentor, you have the right to request another one. The mentor that you finally accept will accompany you throughout all your years of study.

What is expected of me as a student?

Studying is a process in which not only knowledge is acquired. In the years you spend at college, you will develop specific skills and abilities, and also adopt attitudes crucial for academic and professional success. You are expected to be curious, enthusiastic, ambitious, patient, to respect deadlines and agreements, to be adaptable and ready to accept constructive criticism, and to regularly report to your mentor on your progress during your studies.