

BRIDGE (Building Relationships and Inspiring Development for Growth and Excellence) Mentoring Program



PHASE 1: Define Your Mentoring Needs

1. **Self Assessment:** Identify your academic needs and goals → Complete the DOM Mentoring Survey!

- ✓ Do you want a mentor?
- ✓ What type of mentoring do you need?
 - 1:1 (mentor-mentee pairing)
 - Cross-Divisional Mentoring
 - Peer Group Mentoring

2. **Complete the Individual Development**

★★★★
Helpful Tip!

Update your CV to the School of Medicine format



PHASE 2: Matching and Mentoring Activities

1:1 Mentor-Mentee Pairing

Cross-Divisional 1:1 Pairing

Peer Mentoring Group Introduction

Introduction of Mentee to Mentor

Mentor & Mentee meeting:

- Print and fill out the Mentor/Mentee Agreement
- Set Responsibilities
- Set Frequency of Meetings – *every 3-4 months depending on the needs*



PHASE 3: Program Evaluation & Renewal Activities

Mid-Year Review:
Assess progress toward established goals

1

1 Year Renewal Meeting:
Discuss continued mentorship

2

Annual CCPR Meeting:
Discuss mentoring relationship and ongoing needs at your annual Career Conference Performance Review (CCPR)

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