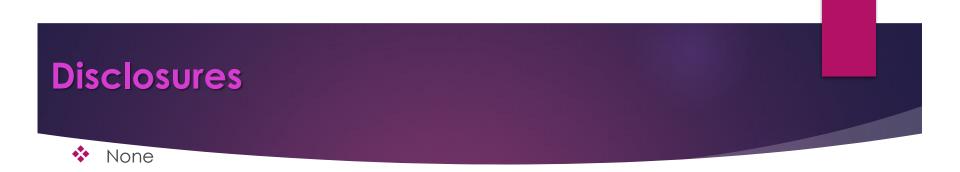
The Importance of Finding a Mentor in the GME World

KARINA LUJAN, MBA ST. DAVID'S HEALTHCARE GRADUATE MEDICAL EDUCATION



#### Learning Objectives

- 1. Upon completion, participant will be able to identify the benefits of having a GME professional mentor.
- 2. Upon completion, participant will be able to list resources for finding a GME mentor.
- **3**. Upon completion, participant will be able to utilize tools provided to find and/or become a GME mentor.



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# How many years of experience do you have as a program manager?

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# Did you have a mentor when you first started GME?

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In one word describe how you felt in your first 2 years as a program manager? (multiple words can be submitted)

#### What is a Mentor?

Mentorships are an opportunity for growth and development for both the mentee and the mentor. A mentor will provide advice and guidance to their mentee in a workplace setting, which is often new to the company.



### Karina's GME Journey in Numbers

- ♦ 6 Site Visits
- 5 Years Experience
- 4 Mentors
- ✤ 3 Institutions
- 2 New Programs
- 1 Program Manager



### Karina's Mentors





#### Karina's Mentees





# **Learning Styles**

#### **Types of Learners**

- Visual Learner
- Auditory Learner
- Kinesthetic Learner
- Reading/ Writing Learner

#### VISUAL



Learn best when information is presented visually through images and graphs.

#### AUDITORY



Learn best through the spoken word – conversation or audio recordings.

#### **READING/WRITING**

-	
-	
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Learn best through text either reading it or writing notes. AKA "verbal learning"

#### KINAESTHETIC



Learn best when they can interact with their learning environment.





# Rank your preference as a learner

#### **Communication is Key**

- Talk to your mentor about your learning styles
- Don't assume everyone is the same
- If something isn't working speak up



#### Failure is okay!

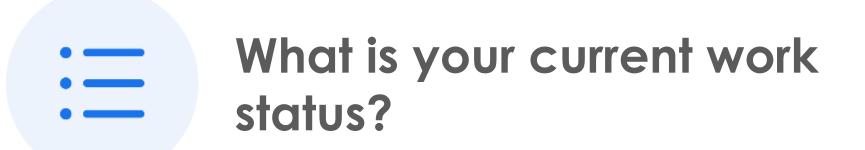
# **1. Preventable failure**: a failure caused by deviating from a known process.



### Finding Your Mentor







# What did COVID give us professionally?



The ability to meet cross country or around the world!

#### Where do I start?

- 1. A fellow residency/ fellowship manager
- 2. Another manager at your institution
- **3**. APMOG Listserv
- 4. APMOG/ GME Facebook Group
  - A. APMOG Rocks
  - B. GME Program Administrators/ Educators
- 5. National Conferences

Association of Program Managers in Obstetrics and Gynecology (APMOG)

# facebook.



#### I've Found My Mentor Now What?



#### **Tips For Meeting With Your Mentor**

- 1. Discuss your goals and objectives
- 2. Meet consistently
- 3. Be available
- 4. Come prepared
- 5. Make an effort to meet in person



## Why is mentorship in GME important?

- PROFESSIONAL DEVELOPMENT
- WE ALL HAVE SOMETHING TO TEACH
  AND LEARN FROM ONE ANOTHER
- YOU HAVE A SOUNDING BOARD
- WE'RE NOT GOING TO BE MANAGERS
  FOREVER



# Which statement do you most identify with right now?



# **Questions/ Reflections**





## I'm happy to be your mentor!

KARINA.LUJAN@STDAVIDS.COM

#### Thank you!

