



# The Importance of Finding a Mentor in the GME World

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# Disclosures

❖ None

# 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)**

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# 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



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

## KINAESTHETIC



Learn best when they can interact with their learning environment.

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## Rank your preference as a learner

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# 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



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**What is your current work status?**

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# 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)

The Facebook logo is displayed in white lowercase letters on a dark blue rectangular background.The logo for the 2023 CREOG & APGO Annual Meeting features the text 'creog apgo' in a white, lowercase, sans-serif font. The text is set against a background with a vertical color gradient from orange at the top to teal at the bottom, overlaid with a white diamond-patterned grid.

2023 CREOG & APGO ANNUAL MEETING  
BUILDING BRIDGES: CREATING CONNECTION IN MEDICAL EDUCATION

# I've Found My Mentor Now What?





# 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

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**Which statement do you  
most identify with right  
now?**

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# Questions/ Reflections

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**Do you have any  
questions?**

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I'm happy to be  
your mentor!



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Thank you!

MUCHAS  
GRACIAS