

MENTORSHIP PROGRAM

What streams are available?

Local Stream: You will be matched with a mentor from your home institution, allowing you to increase your local professional network.

Provincial Stream: You will be matched with a mentor from a different institution, providing you with exposure to opportunities to form connections across the province.

Northern & Rural Match: You will be matched with a mentor who works in a northern and/or rural setting.

When will I be contacted regarding my mentor?

Expect to be contacted by the OMSA Mentorship Program as soon as we secure a physician in the field and/or location in which you expressed interest in your application, to act as your mentor. Once we have done so, we will contact you in order to introduce you to your mentor, and to provide a few more guidelines on the way in which the project will proceed.

How often should I expect contact with my mentor?

At the beginning of the program, set goals with your mentor regarding contact methods and frequency. Our recommendation is that you communicate via videoconference or telephone on a monthly basis for a total of 12 months.

What is expected of me as a mentee?

Demonstrate respect and gratitude towards your mentor, recognizing that they are providing their time and attention to your professional development.

What do we talk about?

This is up to you and your mentor. Examples of topics include:

- CaRMS, electives advice
- Medical specialties: pros and cons, working environment
- Your personal story/path to your current career
- Career goals
- Wellness in medicine
- Research in medicine
- Personal goals
- Ethical discussions
- Advice a mentor would give themselves 20 years ago

What types of goals should I make for this program?

Create 2-3 personal goals to get the most out of this mentorship program. Examples include:

1. To obtain a greater understanding of the daily operations of being a specialist.
2. To be able to accurately identify the “hardest part” of the field of medicine being explored.
3. To define what personal attributes I have that would make me best suited to this particular medical branch.

Who do I contact if I have questions or concerns?

Please contact the OMSA Mentorship Committee at mentorship@omsa.ca. We will also be releasing surveys periodically throughout the year where you can provide feedback or ask questions.