

## AMSA NATIONAL MENTORING SCHEME

### Overview for junior medical students

#### Application

To complete an application form head to [www.amsa.org.au](http://www.amsa.org.au), pick up one from an AMSA Executive member when they visit in O-Week, or bug your AMSA Representative! After AMSA receives your application it will allocate you a mentor and send you an introductory email.

#### Your mentor

Your mentor will be a senior medical student at a different University. They will have voluntarily signed on to this project and will be as eager as you are.

#### Benefits

The NMS will give you a chance to:

- Develop a relationship with a senior colleague that continues throughout your career
- Ask questions of your buddy – someone who has gone through medical training before them – about academic tasks, book purchases, University life, extra-curricular opportunities, well-being advice and general medical or social challenges
- Apply to attend AMSA events and conferences with your mentor through a grants scheme.

#### First contact

Your senior mentor will contact you first by email. Your mentor will fill out a fun questionnaire and send it through to you for your reply. If 'first contact' is delayed, or you have any other questions, contact AMSA Community Liaison Officer James Hillis: [community@amsa.org.au](mailto:community@amsa.org.au)

#### Second contact

This will probably up to you! You should contact your mentor by email or phone or in person (if possible) and ask them any question important to you. There are no silly questions. Things you might ask your mentor include:

- How did you survive first year medicine?!
- What text-book should I buy for anatomy?
- I feel over-worked. What can I do?
- I need to talk to someone who knows what I'm going through. Can you help?
- How does the hospital system work? What are residents, registrars and consultants?
- What is the answer to this damn surgical question?!

#### Grants

AMSA may offer the chance for mentoring partners to apply for grants in the second half of each year. Grants will give buddies the opportunity to meet at an AMSA event or another academic conference, sponsored by the Association.