

AMSA NATIONAL MENTORING SCHEME

Overview for senior medical students

Thanks

Thank you for considering signing on to the National Mentoring Scheme. By participating in this program, you are really contributing to your profession in a very honourable way.

Application

To complete an application form head to www.amsa.org.au or bug your AMSA Representative! AMSA Executive members will also visit during O-Week to distribute forms.

After AMSA receives your application it will allocate you a buddy and send you an introductory email.

Your buddy

Your buddy will be a junior medical student at a different University. They will have voluntarily signed on to this project and be very eager!

Benefits

The NMS will give your buddy a chance to:

- Develop a relationship with a senior colleague that continues throughout their career
- Ask questions of you – 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 you through a grants scheme.

The NMS will allow you to:

- Establish an exciting professional relationship with a younger student
- Contribute to your profession in a meaningful way
- Protect the health of your colleagues
- Share the challenges you have overcome and the knowledge you have gained with someone who will really appreciate it

First contact

You should initiate contact with your buddy by email. They might be nervous about the concept so please display initiative! As an ice-breaker, AMSA will ask you to fill out a quick and fun personal questionnaire (to be distributed in the introductory pack) to send through to your buddy.

Second contact

This will probably come from your buddy. They might contact you by email or phone or in person (if possible) and ask questions important to them. Please answer as honestly, patiently and compassionately as possible.

Australian Medical Students' Association

ABN: 67 079 544 513

293 Royal Pde Parkville VIC 3052 PO Box 917 Parkville VIC 3052

P +613 9347 7303 **F** +613 9347 7103 **E** mail@amsa.org.au **W** www.amsa.org.au

Things your buddy might ask 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 paediatrics question?!

Ongoing contact

We would strongly encourage you to contact your buddy once a term (twice a semester) whether or not they contact you in the interim. If your buddy does not contact you regularly, please take the initiative to do so.

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.

Help

Should you need to contact AMSA please contact James Hillis (Community Liaison Officer) with any questions: community@amsa.org.au

Should you have any concerns about the health and well-being of your buddy, the following contacts might be useful:

AMSA National Office	03 9347 7303
Beyond Blue	1300 224 636
CRANA Bush Crisis Line	1800 805 391
LifeLine	13 11 14

Good luck

Thanks again for offering to be a part of this exciting initiative. Your contribution is very much appreciated by AMSA and your profession. Good luck!