Family of Mentors Program Overview

Fall 2021
Thank you for your interest in being a mentor in this 2021-2022 academic year! We hope the following will help you get up to speed about our program.
What is Our Family Mentors of Program About?

• Online (and in-person) program developed to:
  – match each OD student with an OD of choice, utilizing the vast network of alums in our SUNY Eye Network
  – enhance students’ personal, academic, and career development
  – expand professional networks for students and mentors
This Comes Directly From Our Strategic Plan

- **Goal 1: Enhance the student experience through programs that promote student and alumni success**
  - Develop meaningful connections between students and alumni that support career development, placement, networking, and continuing education.
Program Goals

- Enhance students’ academic and career development
- Increase students’ overall satisfaction at SUNY
- Help students think about and refine career goals earlier
- Provide students an opportunity to learn how to develop a professional network
- Establish strong relationships between students and mentors that last beyond SUNY
- Provide a meaningful avenue for alumni, professional organizations, and partners to stay connected with the College.
The Challenges

**Geographical obstacles:** mentors/mentees may not be in same geographical area

**Time constraints:** rigorous curriculum for our students, and we recognize how busy our OD mentors are!
Program Expectations for Mentors

• Go over this overview of the program
• Set aside a minimum of 1 hour per month
  – Communicate with mentees via email, phone, meet in person, Zoom, Facetime, Google Hangouts, etc. Our mentees will work with you to figure out best way.
• OD mentor matched with 3rd year or 4th year, for the whole academic year (running until May 2022)
  – Each year, the mentor/mentee match is evaluated
  – If student is a 3rd year, and relationship is going well, with OD agreement, may extend to their 4th year as well
• Complete survey at the end and respond to any email communication
• Try to meet with mentee, if possible. This may mean meeting for a meal, meeting at a conference, or even letting student shadow you at your practice if that is an offer. We encourage meeting up!
Phase 1: Getting to Know Each Other (30 days)
- Each student matched with OD of choice
- Go over mentor/mentee handbook & resources website
- Review mentor/mentee agreement
- Establish personal, academic and professional goals
- Meet in-person and/or online at least 1 hour/month

Phase 2: Delving Deeper (300 days)
- Continue working toward established goals & mentoring relationship
- Use questions from “Exploratory Questions Document” as guide
- Meet in-person and/or online at least 1 hour/month
- Respond to check ins and surveys
- Meet up or attend an activity together

Phase 3: Colleagues (30 days)
- Mentee Graduates
- Transition from mentor-mentee relationship to colleagues
- Mentee becomes a mentor for a student or resident
- Mentor takes on a new mentee
 Timeline

• **Tuesday, September 21, 2021**
  – Orientation with students & residents
  – Get students signed up on SUNY Eye Network & ask them for their top choices for mentors

• **Monday, September 27 – Friday, October 8, 2021**
  – Career development center & alumni affairs will reach out to mentors to gauge interest and match those who agree

• **Friday, October 8, 2021**
  – Goal is to have all students & mentors matched & introduced
  – Students will set up initial virtual meeting with mentor
    • Review mentor/mentee agreement
    • Discuss the details of when/how will contact each other every month
    • Mentees will go over their academic/career goals with mentor – use SMART goals worksheet as needed
Timeline

- **October 2021 – May 2022**
  - Continue monthly mentoring communication; each student mentee is expected to work through their unique goals with their mentors

- **May 2022**
  - End of mentorship
  - Mentor and Mentee of the Year awards are given out
  - Graduation for class of 2022
Contact Us if You Have Questions!

- Quy H. Nguyen, OD – Director of Career Development Center
  - (P): 212-938-5505
  - (E): qnguyen@sunyopt.edu

- Mentoring resources for mentors will be housed at:
  - www.sunyopt.edu/mentoring