

Mentorship:

- Formal
 - Through medical school, etc.
- Informal
 - With a professor or medical student
- The type of mentorship depends on what phase in your career you are in!
- You can also provide something to mentors as well!
 - Engage in conversations with them, etc.
- How to find a mentor
 - Formal mentorship programs through college, university, medical school, etc.
 - Sometimes have formal requirements
 - Informal mentorship opportunities are sometimes more difficult to attain
 - Can go to university website/career advising center to discover how to connect with individuals you are interested in speaking with
 - Can have similar interests in research, other experiences, etc.
 - These can grow into more formal relationships!
 - Through clubs and other extracurricular opportunities
- As you progress in your career, consider becoming a mentor for others as well!
 - Determine how your experiences can help others!
 - It's important to give back to others through mentorship.