

Support. Inspiration. Connection.
Mentor a Medical Student



INDIANA UNIVERSITY
SCHOOL OF MEDICINE

Are you interested in **Mentoring a Medical Student?**

The transition to medical school can be daunting, whether it's the rigorous course work or trying to forge friendships in a new home. At Indiana University School of Medicine, we strive to smooth out the start of this new journey. We do that with the help of Physician Mentors, who offer support and a social connection to IU School of Medicine.

Begun in 2015, the Physician Mentor Program provides a medical student with a mentor during their first year on campus—a volunteer who remains a resource throughout that student's time at the school. It's a role that can be an ideal way for alumni to give back and help a new generation of physicians.

Who can serve as a Physician Mentor?

Any current or former medical provider in the state of Indiana who wants to mentor students and have a connection with the School of Medicine.

What are the duties?

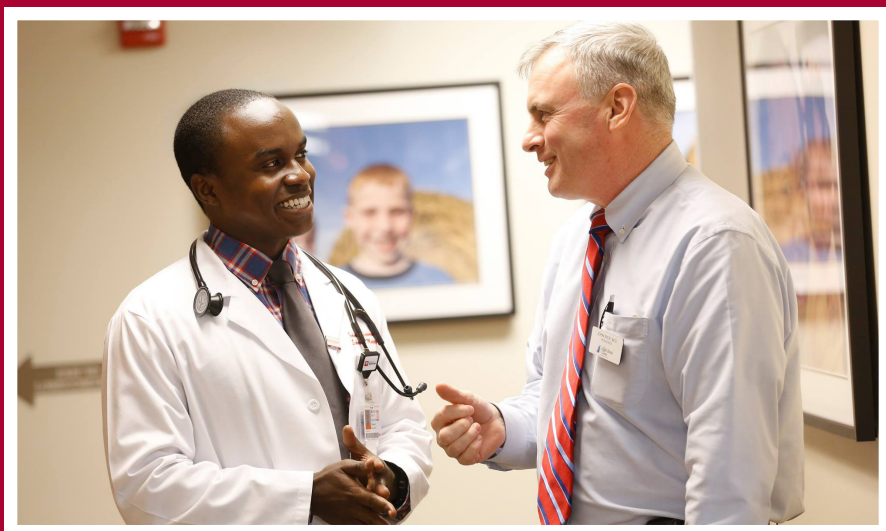
- Provide holistic mentorship
- Meet twice a year with students
- Connect students to the school through social interactions
- Inspire students through reflecting on personal experiences
- Refer students to their Lead Academic Advisors for any concerns that arise

What is the goal?

Mentors are a resource that students can call upon for inspiration or support as they navigate their training—everything from advice on managing schoolwork to career guidance.

“Being away from home has been hard for me at times. And because Dr. Hasnaa Jalou moved away from home at a young age, too, I can really identify with her. There are a lot of similarities between her culture and my Mexican heritage, and she understands how difficult it can be to be so far away from your loved ones.”

-Sariely Sandoval, MD'19



Reflect for a moment about your first year of medical school. How did you feel in those early days? Anxious? Exhausted? Fearful? And could you foresee what the next week would bring, much less the next ten years? Now imagine you could go back in time—wiser and experienced—to offer yourself some advice.

“That would have gone a long, long way,” said Manasa Mantravadi, MD’09.

Four years ago, that motivation inspired Mantravadi to volunteer as a Physician Mentor for IU School of Medicine.

She often noticed how mentorship in medicine skews heavily toward professional development. But what happens in daily life outside the clinic plays a pivotal role. And for many medical students, learning how to adapt and change course is just as important as what residency program they pursue.

“Having mentorship in those other aspects and tying it back to professionalism was important to me,” said Mantravadi, who is a hospitalist at Riley Hospital for Children. “It really struck a chord with me.”

Mantravadi was paired up with Hendrik Greve, an MD/PhD candidate, and found the time demand was as simple as being an e-mail or text away. Giving back was straightforward, too. When Greve expressed interest in neurology, she linked him with a physician for a shadowing opportunity.

“It doesn’t have to be a lot of time,” said Mantravadi, who was named Physician Mentor of the Year. “It can just be little pearls of wisdom along the way and saying, ‘I’m here for you if you need help.’”

Get Involved

If you would like to learn more about the program,
please contact Kelly Matthews
at kahouser@iu.edu or 317-274-4754.
You can also visit <http://go.iu.edu/1Pw1>.



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