

What to Expect From Your Mentor

- 1. Once your mentor contacts you, make sure you promptly return their first phone call or email.** Try to follow-up within 24 hours from when your assigned mentor initiates contact.
- 2. Plan to talk with your assigned mentor at least once every 2 to 4 weeks.**
- 3. Let your mentor know when he/she can talk with you, and find days/times that work best for both of you. Make scheduling time together a priority.**
- 4. Arrange to visit your mentor and spend a day shadowing them if possible.** This type of practical interaction is extremely helpful – particularly as you prepare for your third and fourth year of medical school. Make arrangements to accompany your mentor on rounds, view an orthopaedic procedure, or even observe a “typical” day in an orthopaedic practice.
- 5. Spend time with your mentor and invest in your relationship.** A recommendation from an orthopaedic surgeon who knows you well will definitely carry weight when you apply to residency programs. This is your chance to build an important connection that can benefit you in the years ahead.
- 6. Ask your mentor to introduce you to key contacts in the field of orthopaedics.** These individuals may include orthopaedic residency program chairs, medical school deans, leading orthopaedic researchers, and other individuals.
- 7. Ask your mentor about potential “hurdles” in the residency placement process** and be candid in discussions about what you see as these hurdles.
- 8. Review the article, “How to Obtain an Orthopaedic Residency,”** (enclosed in your Medical Student’s Kit) with your mentor. **This will help you anticipate potential “hurdles” in the residency placement process.**
- 9. Use the AAOS Mentoring Program mailings as a starting point for conversations with your mentor,** or you can choose to discuss any aspect of beginning a career in orthopaedics.
- 10. Between your first and second year of medical school, you may want to ask your mentor to help facilitate, arrange, and direct your involvement in some area of musculoskeletal research.** This clinical research experience will greatly enhance your candidacy for an orthopaedic residency program.
- 11. While it is appropriate for your mentor to take the lead in initiating your relationship, we encourage you to be proactive also!**
- 12. Consider attending a group meeting of mentors and medical students in your area,** if available.

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