AcademyHealth features three avenues for mentoring:

- **Career Coach at Meeting:** Our Annual Research Meeting gives students and junior researchers the chance to be paired with a Career Coach—an established health services researcher who acts as a one-time, on-site career mentor. [More info]

- **Meet-the-Experts Breakfast:** Students can meet informally with nationally known health services researchers and health policy professionals at the Meet-the-Experts Student Breakfast held at both our National Health Policy Conference and the Annual Research Meeting. Ask questions, get career advice, and learn from experts. [More info]

- **Online Mentoring:** Using my.academyhealth.org, individuals can sign up to be mentors, or search for mentors who fit their interests and career path. [Using my.academyhealth.org for Mentoring]

## Benefits for Mentees

The mentor program can help students, and early- and mid-career professionals:

- Improve their networking skills and build their network.
- Build communication and leadership skills.
- Learn about the field of health services research and health policy in general.
- Learn more about your particular area of interest.
- Obtain a position.
- Pitch a project or engage in project collaboration.
- Obtain a professional recommendation.

## Benefits for Mentors

The mentor program can help mentors:

- Get to know new trainees to the field.
- Flex your management and leadership skills.
- Learn about the interest and experience of the field’s next generation.
- Enhance your own network.
- Look for potential project collaborators and candidates for hire.
- Play a role in building the field.
- Serve and strengthen AcademyHealth.

## Finding a Mentor

Suggestions for Starting Your Mentoring Relationship

Serving as a Mentor
Finding a Mentor

To find a mentor using my.academyhealth.org, you’ll need to do the following:

1. Login to my.academyhealth.org using your AcademyHealth user name and password.

2. Click the My Profile tab.

3. In the Demographic Information section, select find a mentor. Click the Save Your Changes box at the bottom of the page.

4. Return to the my.academyhealth.org homepage, click the Directory tab and use the Advanced Search option to find a mentor.

5. Under the Opportunities section of the search page, select “serve as a mentor” to find members who are willing to be mentors.
Suggestions for Starting Your Mentoring Relationship

Getting Started
Once you have selected your mentor, send them an email message introducing yourself.

→ Include a bit about your personal and academic/professional background and why you’re looking for a mentor.
→ Note your intended career path or possible paths.
→ Send a resume/CV with your initial correspondence.
→ Verify the mentor is still available for mentoring.
→ Ask your mentor how they would like to connect for mentoring: telephone, Skype, email, in-person.

Questions to Ask Your Mentor
After you’ve established a connection with your mentor, take the lead in developing and cultivating your relationship. Some good introductory questions are:

→ How did you build your career path?
→ What activities/extracurricular activities have enhanced your professional development?
→ What academic programs or certifications were most useful in building your career?

→ I want to focus my research in X. What articles or resources do you suggest I read?
→ What academic or work experience would you suggest for my career path?
→ What are burgeoning research areas?
→ Do you have suggestions for my resume to make it more appealing to hiring managers?
→ Do you know of companies/organizations looking to invest in young talent?

Come Prepared
Always come prepared – have questions or a purpose in mind for each interaction with your mentor. You should know something about them, their interests, publications, and accomplishments from your due diligence on the Internet at least. Being prepared and asking thoughtful questions allows you to earn the respect of your mentor and demonstrates to them that your potential and ambition is worthy of an investment of their time.

Networking
For more tips, visit the discussions forums on my.academyhealth.org. There, you can ask questions of, and connect with the vibrant AcademyHealth community.
Serving as a Mentor

To volunteer to serve as a mentor using my.academyhealth.org, please do the follow-

Create Your Profile
1. Login to my.academyhealth.org using your AcademyHealth user name and password.

2. Click the My Profile tab. Click Add/Edit Extended Profile near the top of the page under your email address. Upload a photo and fill out your profile.

3. In the Demographic Information section, select serve as a mentor. Click the Save Your Changes box at the bottom of the page.

4. Now you can wait for mentees to find you, or you can seek out members who would like a mentor.

Find Mentees
5. To find potential mentees, return to the my.academyhealth.org homepage and click the Directory tab and use the Advanced Search option to find a mentee. Under the Opportunities section of the search page, select “find a mentor” to find individuals looking for mentors.

Join the Mentor Community on my.academyhealth.org
6. Start a discussion, share information, answer a question posed by someone. Share the wealth of your experience and expertise.

Tell a Friend
7. Invite other AcademyHealth members you know to serve as mentors – or encourage others to find a mentor. Get the word out. There is no community without community members.

Thank you for sharing your time, talents, and expertise with the next generation of professionals in the field of health services research and health policy.