Info for students

i) Role of the Student:

Each student may have differing levels of experience of psychiatry, and therefore have different expectations, aims and objectives for the scheme. Students should work collaboratively with their mentor to develop their aims and objectives for the scheme, including action points on how they will achieve these objectives. In order to achieve the most out of the mentoring scheme, students should aim to:

- agree and commit to engaging in a regular level of contact with their mentor. This may be face-to-face or via phone or e-mail, or a mixture of these. A minimum of 1 face-to-face contact per month would be expected so as to maintain a good level of rapport between mentor and medical student.

- be open and honest with their mentor about what they wish to get out of the scheme.

- identify any problems encountered within the relationship with their mentor and communicate these to the trainee responsible for running the “buddy” scheme.

ii) General Info / Good practice

In some cases, you may wish to arrange some clinical experience shadowing your mentor. Any time spent in clinical environments of any type requires exactly the same professionalism and code of conduct as would be expected from any other clinical placement within your undergraduate medical training. This includes:

- Appropriate dress
- Appropriate courtesy, respect and communication as outlined in GMC guidance “Tomorrows Doctors” and “Good Medical Practice”
- Obtaining consent from any patients whose consultation you may be observing.
- You should not be left unsupervised with patients
- You must always discuss safety procedures of the relevant clinical environment with your mentor before any clinical experience. These are often very different in a psychiatric clinical environment to those which you may be familiar with in medical, surgical or GP settings.

iii) Developing aims & objectives:

In developing your collaborative mentoring plan, consider the following:

- What would I like to get out of the mentoring scheme?
- What aspects of a career in psychiatry am I uncertain about that could help me decide on which specialty to apply for? How could my mentor help me with this?
- Are there any personal qualities or CV items that I could develop on that would help an application to psychiatry specialty training? How could my mentor help me with this?
- Are there any practical or clinical areas that I would like to get experience of to help inform my understanding of psychiatry as a career during the mentoring scheme? How could my mentor help with this?
- Are there any areas of research or audit that I am interested in getting involved with? How could my mentor help with this?

Following discussion of the above with your mentor, complete your aims and objectives plan on the accompanying sheet (use multiple sheets if necessary).

_Adapted from Liverpool mentoring scheme documentation, with thanks to Dr Declan Hyland_