Mentoring: The key to Success in a Career Healthcare

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Why you are Important to Healthcare

Health Disparities

- African Americans are 13% less likely to be recommended for and undergo preventive procedures for heart attacks and 1/3 less likely to undergo cardiac surgery to bypass blockages than whites.
- Of preschool aged children who were hospitalized for Asthma related conditions, only 7% of African American children, 2% of Hispanic children compared to over 20% of White children are prescribed medications to prevent future Asthma related hospitalizations.
- Compared with rates in whites, the rates of diabetes are 1.9 times higher among Hispanics, two times higher among African Americans, and 2.6 times higher among Native Americans.
Why you are Important to Healthcare

Why Diversity Matters? The Provider

- Minority physicians are more likely to treat patients of color, indigent patients, and patients that are sicker.
- Minority dentists are more likely than their white peers to practice in racial and ethnic minority communities.
Why Diversity Matters?
The Patient

- Increased diversity means patients are:
  - More satisfied with their physician choice
  - Report better patient-provider communication
  - Participate more in plans for care
Why Mentors are Important

http://youtu.be/pdEhK9TmdQk
Mentoring Each Other

High School > College > Medical/ Professional School

• Advise From College Students
• Questions from High School Students
Asking Questions

- Informational Interviews
- Shadowing and Volunteering
- Find Resources
  - Internet
  - School (High school and College/University)
  - People (Professors, Teachers, Advisers)
Personal Growth and Professional Development

- Understanding your strengths and interests
- Taking opportunities to learn about yourself
- Learn to work with others different than you
- Gain confidence and comfort talking to leaders in healthcare
- Practice communication and interpersonal skills
Q’s TO ASK YOURSELF OVER THE NEXT FEW YEARS

- How have I learned about the profession?
- Do I understand the realities of the profession?
- How have I shown my commitment to medicine (or dentistry, pharmacy, physical therapy)?
- How have I tested this decision to pursue a career in medicine, dentistry, pharmacy, PT, etc.?
- What experiences have reinforced this decision?
- What experiences have challenged this decision?
- What activities have I been involved in that I really enjoyed? Why?
- How have I stepped out of my comfort zone?
- How have I been involved with the community, beyond a student community?
- What qualities does a good physician/dentist/pharmacist/physical therapist possess? How have I demonstrated these qualities?

KEEP IN MIND, you may not be able to answer any or all of these questions today, the answers will come over time as you get involved, explore the profession and try new things.

ALSO REMEMBER, most health profession programs are most interested in the experiences that you have post-secondary (i.e. after high school) and they want to see how you have grown through these experiences.
Ways to Explore

- Gain Clinical Experience/Volunteer
  - Was it sustained and meaningful?

- Test out interest in Research
  - What did you gain from experience?

- Extracurricular/Leadership Activities
  - What do these activities say about you?
Why is telling your story Important?

http://youtu.be/bRrzYK4_Bp0
Programs and Resources

Summer Medical and Dental Educational Programs
http://www.smdep.org/

Center for Disease Control and Prevention
http://www.cdc.gov/fellowships/StudentInternships.html

Aspiring Docs
http://www.aspiringdocs.org/opportunities/

Tour For Diversity in Medicine
http://tour4diversity.org/
Success is liking yourself, liking what you do, and liking how you do it.

~Maya Angelou