



AOCA Mentee Guidelines & Expectations

Are you seeking a mentor to support your success in anesthesiology? The AOCA Mentorship Program connects members seeking mentorship—whether students, residents, or practicing physicians—with experienced physician anesthesiologists to foster professional development, support career growth, and build meaningful relationships within the osteopathic anesthesiology community.

How the Program Works

The AOCA Mentorship Program is member-driven. Members interested in mentoring can indicate this on their AOCA profile. Mentees search the member directory and initiate contact with potential mentors.

Mentors and mentees are jointly responsible for determining if the relationship is a good fit through an initial discovery call or email exchange. Once agreed upon, you'll work together to schedule meetings—about **one hour per month is recommended**.

AOCA provides resources and check-in templates to help support structured, goal-oriented mentoring.

Mentee Benefits

As a mentee, you'll:

- Gain valuable insight and advice from experienced professionals
- Receive constructive feedback and support toward your goals
- Build connections and expand your professional network
- Clarify your career direction and next steps

Mentee Expectations

As a mentee, you are encouraged to:

- Take initiative in the relationship—reach out to potential mentors and request a discovery call.
- Commit to focused, professional conversations for about one hour per month.
- Engage in the relationship for a minimum of three months.
- Reflect on your goals and be prepared to discuss them.
- Be open-minded, proactive, and respectful of your mentor's time.
- Follow through on action items and maintain regular communication.
- Work with only one mentor at a time.

Getting Started

Before your first session:

- Email your mentor a short bio or resume (a few paragraphs is fine) along with a thank-you note for their time and support.
- Ask for your mentor's preferred contact method (phone, video, etc.).
- Take time to learn about your mentor by reviewing any public information (e.g., published work, presentations).
- Reflect on your expectations:
 - What do you hope to gain from this relationship?
 - Do you prefer a mentor who challenges you or one who offers occasional guidance?



- Are you looking for networking support, a role model, or both?
- What are your top three goals for this mentorship?

For your first (and future) sessions:

- Use a dedicated notebook or digital document to track key takeaways and action items.
- Follow up promptly with a thank-you note and any agreed-upon next steps.
- Confirm the date and time of your next session.
- Send a reminder 1–2 days before your next meeting.
- Notify your mentor in advance if you're running late or need to reschedule.

Sample Mentee Conversation Starters

Use the following prompts to guide your conversations:

- What is the best piece of advice you have ever received?
- Why is mentoring important to you?
- What's a project you enjoyed working on recently?
- What do you think makes a successful mentorship?

Questions or need additional support along the way? Contact office@aocaonline.org.

Thank you for your commitment to professional growth and advancing the field of osteopathic anesthesiology.