

Be an AOCO MENTOR ... Make a Difference

AOCO MENTORING PROGRAM

To be a mentor is one of the highest callings. You are looked up to, admired, respected. You give guidance; you lead by example. You have a chance to make a difference in the life of another human being who will carry on your values.

As a mentor, you will be expected to give of yourself. You will be expected to answer questions and give advice. This is a one-year commitment, renewable for life.

What is in it for the member? No pay, no time off, no public accolades. Just the overwhelming satisfaction of knowing you have made a difference where it really counts: in the future of the profession which has been so good to you.

AOCO MENTORING PROGRAM GOALS

The AOCO Mentoring Program was created in 2005 under the leadership of Carlo J. DiMarco DO and Rudy R. Manthei, DO, with these goals:

- To increase the percentage of DO students entering ophthalmology;
- To increase the percentage of DO students in osteopathic ophthalmology programs; and
- To increase the percentage of graduating residents in DO and MD ophthalmology programs who become active participants in the family of osteopathic ophthalmology.

AOCO MENTORS

QUALITIES OF THE MENTOR:

- Interpersonal skills
- Organizational knowledge
- Professional knowledge
- Status in the profession
- Willing to assist in another's growth

BENEFITS FOR THE MENTOR:

- Satisfaction of helping
- Network of former mentees
- Become part of an expanded network of colleagues
- Rejuvenation
- Someone will "sing your praises"

COMMON CHARACTERISTICS/ SKILLS:

- Self-confidence
- Inspirational
- Supportive
- Competent
- Friendly, respectful of mentee's goals
- Honest
- Good listener
- Motivates well
- Empathizes well
- Is accessible
- Builds relationships
- Promotes professional growth

MENTORING ROLES AND FUNCTIONS:

Sponsor and Broker-

- Identify resources for career advancement
- Advice on career options and routes
- Introduce to contacts at meetings
- Open doors

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Teacher and Coach-

- Teach the ropes
- Help develop professional growth plans
- Identify resources to improve exposure

Caregiver-

- Share own personal experiences and stories
- Provide a forum for exploring personal and professional dilemmas
- Exhibit qualities of listening, trust and rapport
- Provide friendship
- Validate other's self-worth
- Serve as a confidant

Exemplar-

- Demonstrate valued behavior, attitudes and skills
- Demonstrate a clear professional identity
- Exhibit personal and professional confidence
- Demonstrate a personal vision of growth and change
- Practice teamwork where applicable

**SUGGESTED MENTOR CONTACT
SCHEDULE AND METHODS**

It is recommended that you contact your mentee at least three to four times per year. Contact may be made via:

- Email
- Phone
- Lunch and/or Dinner
- Visit mentor's office
- Meet at national, state, regional meetings
- Meet during the Annual Clinical Assembly

AOCO MENTEE

QUALITIES OF THE MENTEE:

- Goal oriented
- Assume responsibility for one's own growth
- Receptive to feedback
- Clear about needs
- Willing to maintain contact
- Interested in setting future goals
- Committed to the relationship

BENEFITS FOR THE MENTEE:

- Individual recognition and encouragement
- Feedback and advice
- Knowledge of the informal rules
- Building contacts
- Increased self-esteem, self-confidence
- Greater career satisfaction

**SUGGESTED MENTEE CONTACT
SCHEDULE AND METHODS**

You may contact your Mentor anytime you need assistance. It is recommended that you contact your Mentor at least three to four times per year. Contact may be made via:

- Email
- Phone
- Lunch and/or Dinner
- Visit mentor's office
- Meet at national, state, regional meetings
- Meet during the Annual Clinical Assembly

**TO BECOME AN AOCO MENTOR OR
MENTEE, complete the application form and
fax back to the AOCO office at 937-233-5673.**

**American Osteopathic
College of Ophthalmology**

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AOCO MENTOR APPLICATION FORM

PLEASE PRINT

AOA # _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ Email _____

Fax _____

____ I am close to _____ D.O. School
and am willing to mentor students.

____ I am close to _____ Osteopathic
Ophthalmology Residency Training Program and am willing to mentor residents.

____ I am close to _____ ACGME
Ophthalmology Residency Training Program and am willing to mentor residents.

____ I can mentor long distance via telephone, email, etc.

Please complete application and fax back to the AOCO office at 937-233-5673



AOCOO-HNS
4764 Fishburg Road, Suite F
Huber Heights, OH 45424
1-800-455-9404

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College of Ophthalmology**

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AOCO MENTEE APPLICATION FORM
PLEASE PRINT

AOA # _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ Email _____

Fax _____

Medical School _____

Date of Degree _____

Residency Program _____

Current Training Year _____

Please complete application and fax back to the AOCO office at 937-233-5673



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