

Connecting Students with Resources and Support, Mentorship Skills



Learning Objectives

1. Describe how to access basic resources and support.
2. Understand how to learn about Family Medicine through social media



Social Media



The Power of Social Media

- Networking
- Get connected
- Build camaraderie
- Foster mentorship
- Learn how to bridge industries
- Self empowerment



Best Social Media Practices



Pre-Medical Students

Be Inquisitive

Follow up with communication

Be professional with introductions, comments, and posts

Stay engaged

Medical Students



Stay Professional

Consider your social media profile as a virtual resume

Posts can last a lifetime, even after deletion

Be Authentically you

Be Respectful.

Connecting with Family Medicine on Social Media



Tochi Iroku-Malize, MD, MPH, MBA, FAAFP
Twitter: @tilimd



Jay W. Lee, MD, MPH, FAAFP
Twitter: @familydocwonk



@AAFP



@familymed



@the_aafp



Rose Marie Leslie, MD
TikTok: @drleslie



Humans of Family Medicine
Twitter: @humansoffamilymedicine



Brittani James, MD
Twitter: @DrBrittaniJ



Dr. Kristamarie Collman
Instagram: @drkristamarie



Leslie Gonzalez, MD
Instagram: @drlesliegonzalez

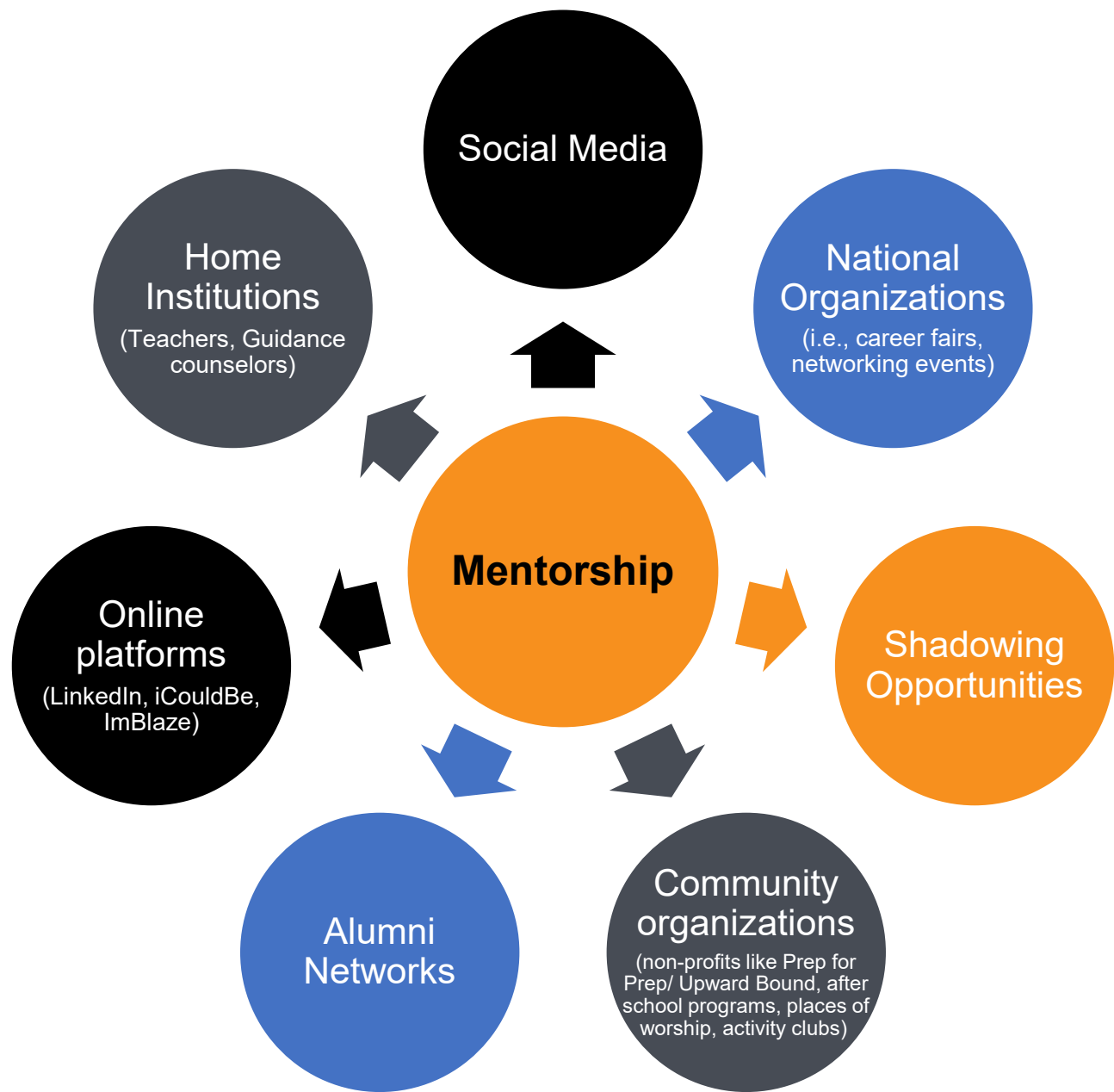


Mentorship

Why is Mentorship Important?

- Professional advice
- Career insight
- Personal support
- Encouragement
- Inspiration





100 Black Men of Chicago – National

All ages
The 100 Black Men of America trains its members, who are all volunteers, using a curriculum entitled Mentoring the 100 Way, which stresses the long term commitment required and teaches effective and innovative mentoring concepts. The 100 Black Men has expanded over the decades from classroom and school-based mentoring programs to community mentoring and to deploying our mentoring concept in schools run by the 100. While improving educational achievement is a significant goal of our mentoring efforts, Mentoring the 100 Way focuses on developing our mentees from elementary school to career.

A Better Chance – National *

Grades: 4-9
A Better Chance seeks to increase substantially the number of well-educated young people of color who are capable of assuming positions of responsibility and leadership in American society. This is done by facilitating their entry into independent college preparatory schools. Through its network of member schools, A Better Chance is able to leverage an estimated \$20+ million per year in financial aid for talented, economically disadvantaged youth of color. More than 96% of A Better Chance's graduates go on to college directly after high school, a majority entering our country's most selective colleges.

Academically Interested Minds (AIM) – Kettering University – National

Grades: 11
AIM (Academically Interested Minds) is a five-week residential pre-college summer program which began in 1984 and has continued to thrive over the years. The program is designed to augment Kettering University's efforts to reach a greater number of multicultural students who have a strong interest in the areas of engineering, math, science and business.

ACE Mentor

Grades: 9-12
The ACE Chicago Mentor Program takes a "hands-on" approach to helping students learn about careers in architecture, construction, engineering and related professions. Using a variety of engaged learning approaches, the program involves students in activities that help them build skills they can carry over to school subjects, such as graphic design, art, math and engineering. We also offer a program that provides paid summer internships at ACE's participating firms.

ACT-SO – National

Grades: 9-12
The NAACP's Afro-Academic, Cultural, Technological and Scientific Olympics is a yearlong achievement program designed to recruit, stimulate, and encourage high academic and cultural achievement among African-American high school students.



- Student Loans
- Grants
- Laws

Upward Bound Program

- Purpose
- Eligibility
- Applicant Info
- Awards
- Performance
- Funding Status
- Laws, Regs, & Guidance
- Resources
- FAQs
- Contacts

Office of Postsecondary Education Home >>

Purpose

Program Office: Federal TRIO Programs

CFDA Number: 84.047

Program Type: Discretionary/Competitive Grants

Also Known As: TRIO (Upward Bound is one of eight TRIO programs.)

Program Description

Upward Bound provides fundamental support to participants in their preparation for college entrance. The program provides opportunities for participants to succeed in their precollege performance and ultimately in their higher education pursuits. Upward Bound serves: high school students from low-income families; and high school students from families in which neither parent holds a bachelor's degree. The goal of Upward Bound is to increase the rate at which participants complete secondary education and enroll in and graduate from institutions of postsecondary education.

Types of Projects

Upward Bound projects provide academic instruction in mathematics, laboratory sciences, composition, literature, and foreign languages. Tutoring, counseling, mentoring, cultural enrichment, work-study programs, education or counseling services designed to improve the financial and

What's New

New The 2021-2022 Upward Bound/Upward Bound Math-Science Annual Performance Report is available March 28, 2023.

New Click here for the FY 2023 New Project Directors Meeting Power Point presentation.

TRIO Maps Home Page (We encourage you to bookmark the TRIO Maps Home Page, to more easily access the maps and for updates.)

Letter to TRIO and GEAR UP programs' project



Success by the numbers!

Low-income, first-generation students have an 11% graduation rate, with CBO's support & resources, our Scholars have a 94% graduation rate!

Be a part of mentoring, empowering, & inspiring CBO Scholars...



1:1 Mentorship

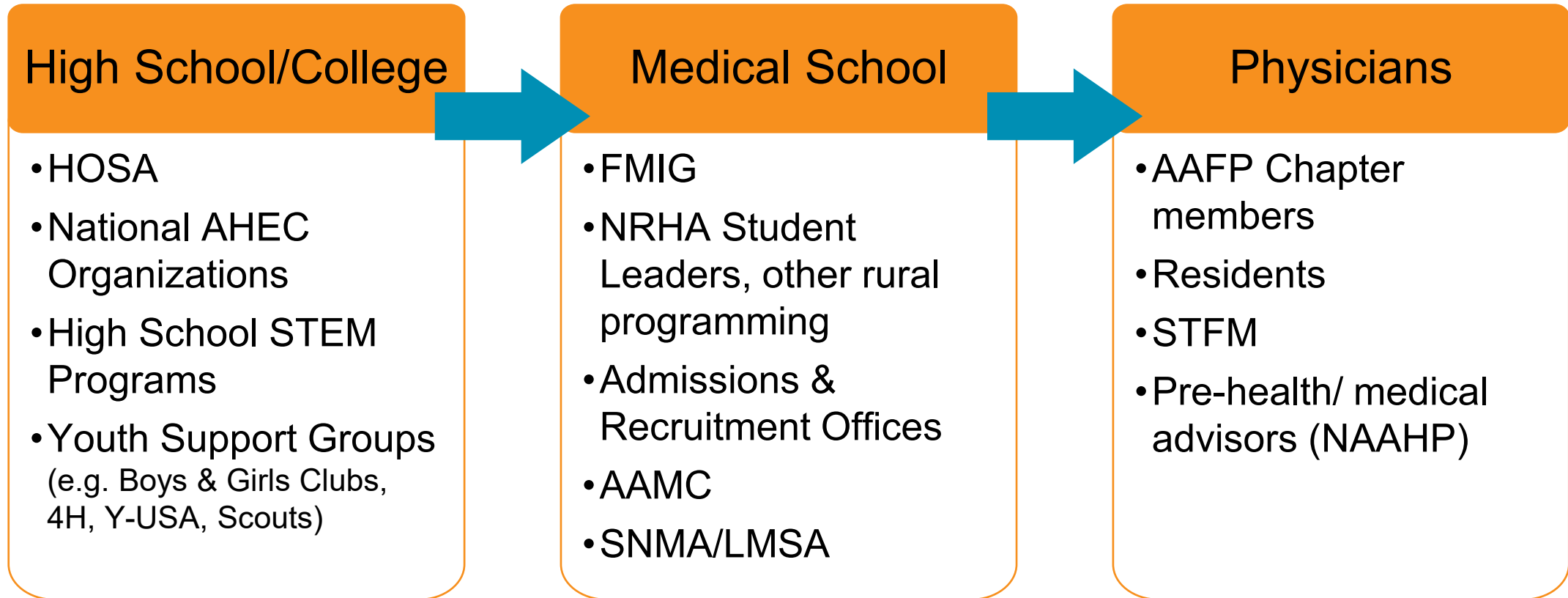
Volunteer

Donate



Tips for Success

How to Stay Involved



Tips for Success: High School Edition

- Effective shadowing
- Initiate research on college/linkage programs
- Maximize your exposure to the sciences
 - Advanced placement courses
 - Science Clubs
- Find mentors

Tips for Success: College/Pre-Med Edition

- Choose a college
- Choose a major course of study
- Know when to seek help
- Understand the requirements for medical school
- Keep in mind:
 - Research
 - Extracurricular activities
 - Work experience

Tips for Success: Medical Student Edition

- Join an FMIG – Family Medicine Interest Group
- Become a member of national student medical associations
- Attend specialty-specific National Conferences
- Strive for academic excellence

When you connect with the FMIG on your campus, you will:

Get to Know Family Medicine

Learn what family physicians do and where they work. Develop your clinical skills at FMIG activities.

Grow Professionally and Personally

Consider serving in FMIG leadership to build your CV, plus learn about conferences and more.

Network with Peers and Faculty

Gather with others who share your passion for family medicine at FMIG meetings, and interact with physicians.

Serve Your Community

FMIGs partner with and serve their communities and neighbors in clinical and non-clinical settings.

Resources

Student Medical Association Websites

American Medical Student Association
www.amsa.org

American Medical Women's Association
www.amwa-doc.org

Asian and Pacific Islander American Health Forum
www.apiahf.org

Association of American Indian Physicians
www.aaip.org

National Hispanic Medical Association
www.nhmamd.org

Student National Medical Association
www.snma.org

Student Osteopathic Medical Association
www.studentdo.com

Career Information

Virtual FMIG
<http://aafp.org/fmig>

Aspiring Docs
(Association of American Medical Colleges)
www.aspiringdocs.org

Ventures Scholars Program
www.scholarshipsonline.org

National Area Health Education Center
(AHEC) Organization
www.nationalahec.org

FMIG Career Planning Worksheets

MY CAREER INVENTORY

List your personal strengths.

1. _____
2. _____
3. _____

What do you need to improve?

1. _____
2. _____
3. _____

What is your current long term career goal? Is it the same as last year?

What career choices are you considering? What are you doing to investigate that career? What clubs, organizations, and certifications can you use now to learn more about that career?

MY ACADEMIC RECORD / *Freshman Year*

High School Information Year: 20____-20____

School name _____

School address _____

School phone _____

Anticipated graduation date (mm/yy) _____

School Counselor name(s) _____

MY ACADEMIC RECORD / *Sophomore Year*

High School Information (if different from previous year) Year: 20____-20____

School name _____

School address _____

School phone _____

Anticipated graduation date (mm/yy) _____

School Counselor name(s) _____

Sophomore checklist:

- Take Geometry or Algebra II and college prep English if available.
- Continue to earn As and Bs in all your classes.

MY ACADEMIC RECORD / *Junior Year*

High School Information (if different from previous year) Year: 20____-20____

School name _____

School address _____

School phone _____

Anticipated graduation date (mm/yy) _____

School Counselor name(s) _____

Junior Checklist:

- Check with your high school counselor to see what college prep classes are available through your school.

**When it's time to decide
which specialty you'll practice,
*Choose More.***



AMERICAN ACADEMY OF FAMILY PHYSICIANS

STRONG MEDICINE FOR AMERICA