

FAMILY OF MENTORS PROGRAM

Exploratory Questions

The exploratory questions outlined are divided by the year in which the mentee is currently in and to meet benchmarks in development; however, questions can be examined in different sequences as is appropriate to the mentee's developmental needs. For example, a first year mentee may be interested in learning about a residency program and a resident mentee may want to examine his values. Moreover, the exploratory questions are not intended to be an exhaustive list of questions to explore, but merely questions that a mentee should be able to understand for her growth.

First Year

- What are my values?
- How can I improve my grades?
- How can I improve my study habits?
- What are some time management skills?
- What school organizations should I join?
- What are the necessary elements of a satisfying professional position?
- What excites me about practicing optometry?
- Where do I want to live and in what kind of environment after graduation?
- What is my earning potential?
- Who is my competition in the market?
- What is organized optometry and why is it important?

Second Year

- Should I consider a residency program?
- What specialty interests me?
- What are the modes of practice within Optometry?
- Which modes of practice are appealing and why?
- What is the job outlook for these modes of practice?
- Which modes of practice lend themselves to the lifestyle that I hope to develop?
- Who can help me learn more about these modes of practice?
- What particular interests and skills can I learn?
- How can I develop important and appropriate relationships with members of industry?

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Third Year

- What particular interests and skills can I bring to these modes of practices? And how do I start cultivating those extra skill sets?
- How can I capitalize on the nature of the work that is most consistent with my interest, values and background?
- How can I make the best of those aspects of the work that are least consistent with my interests, values, and background?
- How should I approach transitioning to clinic and seeing more patients?

Fourth Year & Residency

- How will I manage my debt?
- How do I search for a job?
- How should I prepare for an interview?
- How do I write an effective resume?
- How do I write an effective cover letter?
- What skills or knowledge gaps must I fill to be highly successful in the execution of my career plan?
- What important collaborative relationships must I foster in order to successfully execute my career plan?