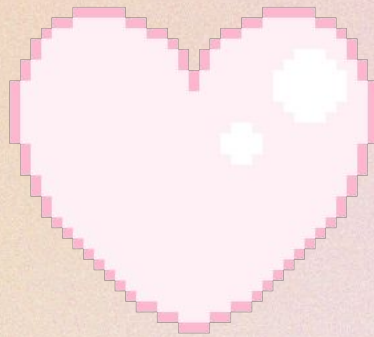


Ask, Listen, Grow: A Guide To Thriving With Mentors and Pre-Health Advisors

Elba Muñoz, M.A.



**Thank you
PremedCC**

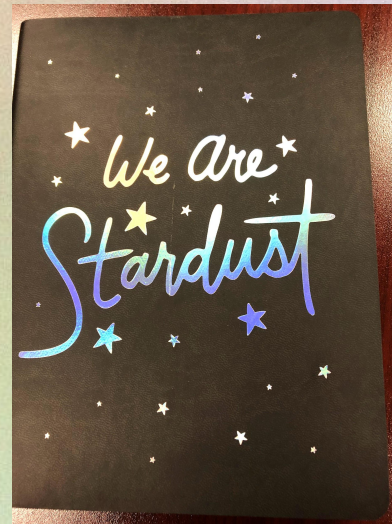


Build Yourself Up

- It's okay, if you're socially awkward.
- It's okay, if you're an introvert.
- It's okay, if you're scared, do it anyways.

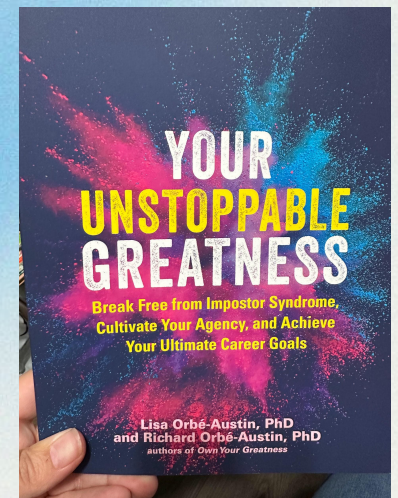
Tips

- Self Affirmations
- Boost your self confidence
- Dress up nice
- Be yourself
- Know who you are
- Own your story and journey
- Be committed to yourself



Journal

Book Recommendations



Building Rapport is Critical

What is it exactly?

★ Practice the art of small talk.

How does this process even happen?

★ Creating connections.



Let's reflect about ways that you build rapport with others.

Some vital skills of building rapport

- **Active Listening**
- Empathy
- **Authenticity**
- Similarity
- **Shared Experiences**



Image:Internet

Establish Your Foundation

- Who do you want to build rapport with?
- Timing-spend time to get to genuinely get to know them
- Ask specific questions
- Actively Listen-Remember what you talked about
- Ask for feedback



Image:Internet

How do I talk to a potential mentor?

I am an introvert- how do I this?

Let's talk about some tips that can help.

- Creating your successful elevator pitch.
- Develop a game plan especially if you think you might be nervous in speaking with them.
- If at all possible look them up ahead of time. Hopefully there's a photo, as this can help to familiarize yourself. Help to make you less nervous.
- Remember they are people, and it's okay to *Fan Girl.



Mini Elevator Pitch

Ex.

Introduce yourself with a greeting: Name:

Hometown:

Occupation in a unique way:

Ex. I aspire to serve as a community physician leader, Premed, etc.



A mini highlight about your goals, and kee about your journey.



Fun Fact: It can be anything literally. Goal is to connect with others and to make yourself memorable.

Lengthy Elevator Pitch

Example:

Introduce yourself with a greeting: Name:

Hometown:

Come from a large family, etc.

Occupation in a unique way:

Ex. I aspire to serve as a community physician leader, Premed, etc.



A a mini deep dive about about your goals, and a little about your journey. Keep it succinct try to not ramble.



Fun Fact: It can be anything literally. Goal is to connect with others and to make yourself memorable. If you can recall what another person said that would be great don't just say ditto.

Let's Discuss, where can you find mentors?

- Summer Internship Opportunities
- Workplace
- Academia
- Conferences
- Connections



Image: Internet

Asking for Feedback

When appropriate.

- **Timing is key!**
 - Keep in mind-professionals are very busy and you don't want to ask them something at an awkward time either.
- Prepare questions in advance that you can refer back to and help you stay organized.
- If you get an answer to your question, remember to take notes to remember what was explained to you.



Image: Internet

Questions for Prehealth Advisors/Program Directors

Academics/Health Career Options

- Courses to take?
- Resources you recommend?
- What are some health career options?
- Repeat courses?

Journey/ Timeline?

- Preparation?
- If I want to be in medical school/etc by 2027....
 - What do I need to be doing now to get me there?
 - Do I need a postbacc?

Becoming Competitive?

- What clinical experiences should I be immersing myself in?
- What are the different types of postbacc programs?
- Can you connect me to other Colleagues/Alums?

Unproductive Encounters

What to do if you find yourself in an unproductive encounter?

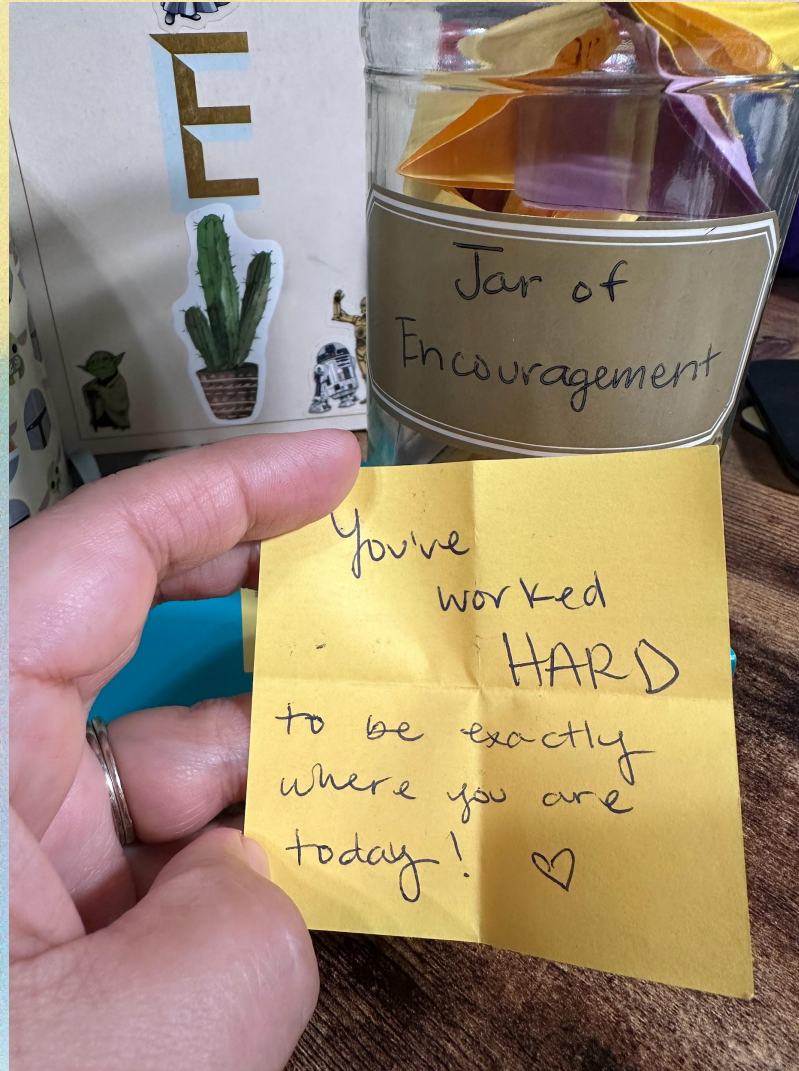
- Maybe someone says something that throws you off?
- Surprises you?

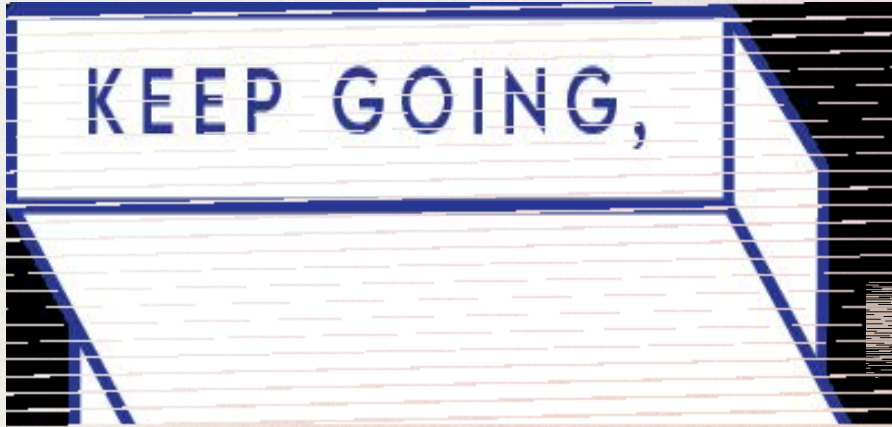


Preventative Tips

- Know who are. Own your story!
- Practice self affirmations.
- Don't be afraid to: **ask questions**
 - Can you help me understand what makes you say: XYZ
 - Sometimes there could simply be just misalignment or misunderstandings it happens.
 - **DON'T BE DISCOURAGED. FIND SOMEONE ELSE,**
 - **MOVE ON! GO LOOK FOR ANOTHER MENTOR.**

A little reminder





Instagram @**premedtia**

Linkedin

premedtia@gmail.com

Q&A



