The Aboriginal Mentorship Program is one tool used to help dismantle barriers to post secondary education for First Nations, Inuit and Métis students within Health Sciences. Each year Mentors are sought for all areas of the health sciences (medicine, nursing, OT/PT, physician assistant, midwifery, BHSc.) and related health programs for example Health, Ageing and Society.

**WHAT CAN A MENTOR DO FOR YOU?**

A Mentor assists the ASHS office with current & upcoming students in numerous ways, such as:

- Guidance on the Aboriginal application process.
- Best practices for successful completion of the core curriculum, study habits, and time management.
- Engaging future students in health sciences programs by visiting schools or community events to speak and meet with students and act as a role model.
- Guidance on applications for professional degree’s and postgraduate medical education; i.e., Canadian Resident Matching Service (CaRMS) & effective clerkship practices.
- Knowledge sharing on the Aboriginal health professional student experience.
- Providing a culturally safe environment for current student experience.
- Promoting the student services ASHS provides in addition to the other Indigenous services on campus.
- Serve as a link between programs delivered in community and with our college partners and postsecondary colleagues.
- Knowledge sharing with the ASHS team.

**WHAT ARE THE BENEFITS OR MENTORING?**

ASHS views the Aboriginal Mentorship Program as an opportunity for the Mentor to become the Mentee. This is done by supporting Mentors in professional development opportunities and linkages with Aboriginal and non-Aboriginal professional organizations.

This can include:

- Providing feedback on documents, presentations or like materials of the ASHS office.
- Participation on ASHS hiring committees.
- Act as a spokesperson of the ASHS office at student orientations or in collaboration with the Aboriginal Recruitment & Liaison Officer.
- Attend meetings with the Director & Program Coordinator or Faculty Advisor at the local, regional, national & international level.
- Participant on ASHS working groups or committees.
- Collaborate with our student led Aboriginal Health Interest Group (AHIG), or other Indigenous groups on campus such as; ISP, MIGS or MFNSA.
- Participant in conferences as a speaker or co-author presentations and/or journal submissions.

**TO CONTACT A MENTOR:**
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Phone: 905-525-9140 ext: 23935

**TO BECOME A MENTOR:**
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