



**“GETTING AND GIVING
Mentoring in science and medicine for MSTP students”
MD/PhD Medical Scientist Training Program (MSTP)
Spring 2024 Retreat**

RETREAT GOALS

1. Review and understand the components of the UC Graduate Student Mentoring Agreement, including expectations for guidance, financial and emotional support, mutual respect, and ethical conduct.
2. Gain practical advice in conducting difficult conversations with mentors.
3. Understand evidence for effective mentoring of under-represented minorities and other individuals who have overcome obstacles and hardships to reach graduate medical education.
4. Discover approaches for finding research and career mentors during residency and fellowship.
5. Learn strategies for effectively mentoring undergraduates, junior students, and peers on your research and medical teams.
6. Identify helpful means for providing constructive communication and giving and receiving both positive and negative feedback.
7. Gain insights and advice on MD/PhD training years, from the perspectives of graduating M4 student peers.

RETREAT AGENDA

***(Disclaimer:** Any views and opinions expressed at this retreat are those of the speakers and do not necessarily reflect the views or positions of the UC MSTP.)*

11:45 AM: Arrive and park at the venue’s garage.

12:00 – 12:15 PM: Take elevator to the ballroom, sign in, and take name tag. Also, pick up two drinking tickets and a parking voucher, and put them in a safe place for later. Please be careful not to misplace them; extra drink tickets and parking vouchers will not be available.

12:15 – 1:00 PM: Grab lunch, and sit at the assigned table indicated on your name tag. Take a few minutes to socialize and get to know others at your table!

1:00 – 1:10 PM: Welcome & Intro

- Sara Cohen – Program Manager of MSTP
- Donald Gilbert, MD, MS – Associate Director of MSTP



1:10 – 2:45 PM: “Effective Mentoring Relationships”

- **Introduction:** Don Gilbert, MD, MS
- **Presenters:** Tim Le Cras, PhD and Brittany Allison, PhD
- **Format:** 30-minute presentation, followed by 60-minute interactive session





2:45 – 3:20 PM: “What do we know about effective mentoring for URM students? What strategies have higher yield for recruitment and retention?”

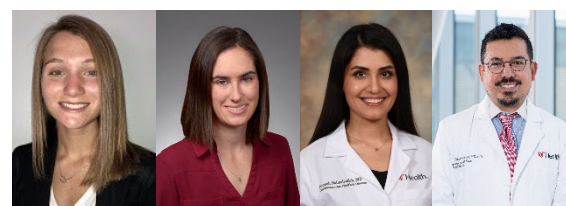
- **Introduction:** Sydney Treichel, G2
- **Presenter:** Jamilah Hackworth, EdD
- **Format:** 15-minute presentation, followed by up to 15 minutes of Q&A



3:20 – 3:35 PM: Bathroom break & new seat

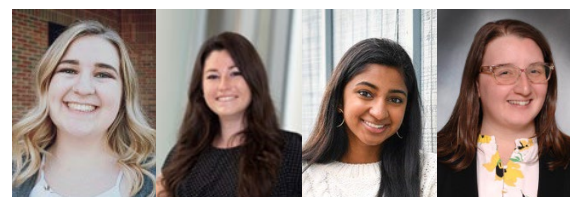
3:35 – 4:15 PM: “Advice for finding research and career mentors during residency and fellowship”

- **Introduction:** Aliyah Lingo, G1
- **Presenters:** Abigail Russi, MD, PhD; Pooneh Nabavizadeh, MD; Jose Gomez-Arroyo, MD, PhD
- **Format:** 25-minute presentation, followed by up to 10 minutes of Q&A



4:15 – 4:45 PM: Peer ‘Hot Topic’ Presentation: “From Mentee to Mentor – Best Practices for advising other MSTP students and undergraduate students”

- **Introduction:** Sydney Treichel, G2
- **Presenters:** Amanda McGann, G4; Alisha Chalasani; Rebecca Crowther, M4
- **Format:** 15-minute presentation, followed by up to 10 minutes of Q&A



4:45 – 5:25 PM: “Constructive communication and feedback: How to give and receive specific, useful, positive and negative feedback in mentoring relationships”

- **Introduction:** Akshata Rudrapatna, G1
- **Presenters:** Danielle Weber, MD, MEd; Judith Dexheimer, PhD
- **Format:** 25-minute presentation, followed by up to 10 minutes of Q&A



5:25 – 5:40 PM: Bathroom break

5:40 – 6:25 PM: “M4 Pearls of Wisdom”



- **M4s:** Rebecca Crowther, Lauren Falkenberg, Kim Kraus, Jackie Ehrman, Alison Perl, Eli Perl



- **Format:** M4-led discussions/advice in various breakout groups – two different 15-minute sessions, followed by “M4 Final Words of Advice” joint presentation

6:25 – 6:35 PM: Wrap Up, Survey, & Conclude Formal Programming

- Sara Cohen – Program Manager of MSTP
- Donald Gilbert, MD, MS – Associate Director of MSTP
- Aliyah Lingo, G1



6:35 – 7:05 PM: Socializing & “Happy (Half) Hour” 😊

7:05 – 8:30 PM: Dinner and Student-Led M4 Roast

- **MCs:** Stan DeVore, M3; Amanda McGann, G4



8:30 PM: Clean-Up & Event Concludes

THANK YOU FOR COMING!

Event Hosts/Administrators:

- Sara Cohen, Program Manager of MSTP (*primary event host & point-of-contact*)
- Jennifer Rindler Fridrich, MBA, Administrative Program Director of MSTP

