LIFECYCLE OF MENTORSHIP

AAPOS 2026 Workshop

Successful Medical Student Research Mentorship Strategies

Tiered Mentorship
Identify opportunities for mentees to mentor peers

Finding a Mentee
Within or beyond* your institution

Refer to a colleague or set up shadowing

Introductory Meeting
Learn your mentee's goals and assess how you can best support them

Project Matching
Identify a project that aligns with your mentee's skills, interests, and available time

Defining the Collaboration
Set expectations, outline project scope, discuss authorship and funding

Project Kickoff
Initiate regulatory steps (IRB), secure necessary materials, and coordinate with collaborators

Ongoing Guidance
Check in regularly to review progress, monitor data collection, and troubleshoot challenges

Finishing Touches
Review data, finalize analyses, prepare materials for presentation or publication

Dissemination
Present and publish, navigate revisions, remain resilient through setbacks

Long Term Relationship
Transition from project-focused guidance to person-centered support

*Partner with a university; AAPOS POM Program; 4th Year Medical Student Away Rotation in Pediatric Ophthalmology; AUPO repository of research opportunities for unmatched students