

## PEER MENTORING SESSION GUIDANCE

*This form is a discussion guide only. It is not collected, submitted, or reviewed by program leadership. Content of mentoring discussions is confidential.*

### **PART 1. Participants**

- Peer Mentor name: \_\_\_\_\_
- PGY1 Mentee name: \_\_\_\_\_
- Program: Internal Medicine Residency

### **PART 2. What would you like to discuss during today session? (For MENTEE to answer)**

- Daily workflow & efficiency (rounding, notes, orders, handover)*
- Clinical reasoning at intern level (assessment, plans, prioritization)*
- On-call / night duty challenges*
- Communication with seniors, consultants, nurses*
- Time management & workload balance*
- Stress, fatigue, or adjustment to residency*
- Exam preparation or learning strategies*
- Other: \_\_\_\_\_*

### **PART 3. (For MENTEE to answer)**

**Question 1:** What has been hardest for you in the past few weeks?

**Question 2:** What is going better than you expected?

**Question 3:** Is there any situation/problem you would like practical advice on right now?

### **PART 4. (For MENTORS to answer)**

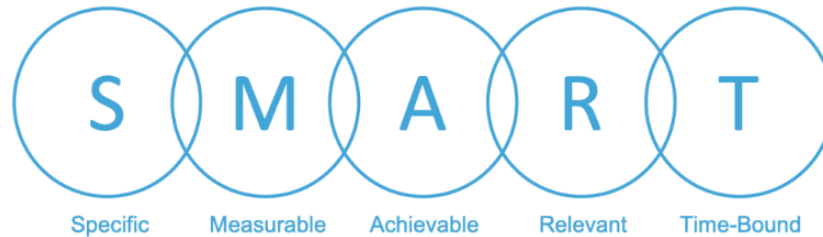
**Question 1:** Based on your experience and your mentee's sharing, which area should be your mentee's focus at the moment?

- Daily workflow & efficiency*
- Intern-level clinical reasoning*
- On-call / night duty challenges*
- Communication & hierarchy*
- Time management*
- Stress normalization & reassurance*
- Learning strategies*
- Other: \_\_\_\_\_*

**Question 2:** Have you had a similar experience to your mentee's? If so, what helped you at that time?

**Question 3:** What would a realistic and meaningful short-term goal for this mentee be (next 1–3 months)?

*(Open-ended)*



**Questions 4:** Are there any personal tips, lessons, or experiences from your intern year that you'd like to share?

#### **PART 4. Wrap-up (For BOTH)**

**Question 1:** What are the 1–2 most important points from today's session?

**Question 2:** Which of the following were addressed during this mentoring session?

- Main issues were clearly identified*
- Goals were clarified and/or made SMART*
- Potential barriers were identified and discussed*
- Personal tips, lessons, or experiences were shared*

**Question 3:** What is the planned focus for the next mentoring session and what resources should mentor prepare?