

This document contains anonymous mentor bios to help you select mentors whose experiences, identities, and academic interests resonate with you.

- Each bio is numbered. To indicate your interest in being matched with a mentor, please enter the corresponding number into the form.
- You may select more than one mentor if multiple bios feel like a good fit for you.

Please note: Indicating interest does not guarantee a match with a specific mentor. We will do our best to create thoughtful pairings based on the information you provide in the form.

Your selections will help us make meaningful and supportive matches.

#79

Physician Identity: Academic Ophthalmologist

Social Identity: I am a female Korean-Canadian ophthalmologist. I am a first-generation immigrant who did not have any connections to ophthalmology when applying. I am currently on faculty and actively involved in residency program. I would be happy to provide any academic and/or equity-centred mentorship.

Academic, educational and research interests: Comprehensive ophthalmologist involved in cataract surgery teaching, oversight of resident research, and department's continuing professional development. Interests in medical education and EDI. Involved in CJO.

Involvements outside of ophthalmology: I love to travel, explore restaurants and cook.

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development, work-life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, academic ophthalmology.

#23

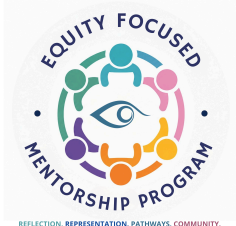
Physician Identity: Academic Ophthalmologist, Oculoplastics

Social Identity: I grew up in Saskatoon and have spent years of my life living in different regions of Canada. My wife, also an ophthalmologist, and I currently live in Southwestern Ontario. We have two young daughters who are currently both under three years old. I'm not of a marginalized or under-represented group, but I hope to see future ophthalmologists from diverse backgrounds.

Academic, educational and research interests: I'm an oculoplastic surgeon at an academic center. I have a background in global health.

Involvements outside of ophthalmology: I used to have hobbies and interests... Now I have young children...

Mentorship topics: exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development,



work–life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, academic ophthalmology, ophthalmology, ophthalmology

#69

Physician Identity: Senior Ophthalmology Resident (PGY3, PGY4, PGY5)

Social Identity: I was born and raised in Vancouver, BC. As a teenager, I came out as gay. I am blessed to have a circle of queer friends back home, but have definitely experienced isolation and loneliness throughout my training being away from my community. I learned a lot about navigating multiple identities, the ongoing process of “coming out” that never really seems to be done, as well as the nuances of being a gay woman in medicine.

I’m also passionate about learner safety, not only as it relates to my own social identity, but largely because of negative experiences I’ve had as a learner in medicine that made me feel lonely, isolated, rejected or confused. I hope to use these experiences to inform how I support and protect other medical learners.

I believe allyship is a dynamic and ongoing commitment that should be expressed through action and tangible support. I strive to be an ally not only to my LGBTQ+ community, but also to immigrants/refugees, ethnic and racial minorities, Indigenous peoples, people living with disabilities, and other marginalized communities.

Academic, educational and research interests: I did my undergrad at UBC in Biology and English Literature. I then pursued a Master of Science in Public Health at McGill University. I did my medical school at Queen’s University, where I helped lead the QueerMed student association and ran an LGBTQ+ mentorship program. My research interests occur mainly at the intersections between equity and ophthalmology, global health, and learner safety in medical training.

Involvements outside of ophthalmology: I enjoy trying new restaurants, being outside, reading/writing, live music, and travel.

Mentorship topics: exploring ophthalmology as a career, CaRMS and residency applications, work–life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, community or rural ophthalmology

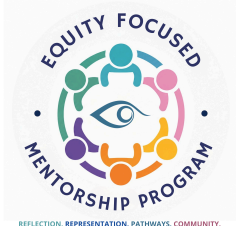
#85

Physician Identity: Academic Ophthalmologist

Social Identity: I am a South Asian male, born to parents who immigrated to Canada.

Academic, educational and research interests: Within ophthalmology, I am passionate about Glaucoma and Advanced Anterior Segment Surgery, medical education and vision rehabilitation. I have special interests in the clinical and surgical management of cataracts, glaucoma and anterior segment disease. I also enjoy advocacy at a national level with the Royal College of Canada.

Involvements outside of ophthalmology: Outside of work I enjoy time with my family, Theatre Arts and Formula 1 Racing.



Mentorship topics: exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, networking and professional development, work–life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, academic ophthalmology, glaucoma, complex cataract, anterior segment

#59

Physician Identity: Rural Ophthalmologist; Community Ophthalmologist; Academic Ophthalmologist; Ophthalmology Fellow

Social Identity: I am an internationally trained medical doctor, consultant ophthalmologist and vitreoretinal surgeon with extensive experience in clinical care, surgery and medical leadership. I have more than a decade of experience practising medicine across several regions, including Nigeria, the Middle East and North America.

I trained and specialized in ophthalmology, with advanced competencies in anterior and posterior segment surgeries, glaucoma procedures, pediatric ophthalmology and complex vitreoretinal interventions. My clinical practice has been complemented by a strong interest in family medicine, reflecting my holistic approach to patient care and community health.

I also hold a Master of Business Administration, which supports my leadership and management skills. My interests include healthcare, pharmaceuticals, real estate, technology and global health innovation. I am interested in integrating medical excellence with sustainable business practices and community impact.

My career reflects a balance of surgical expertise, academic contributions, healthcare management and entrepreneurship. My international experience, multicultural adaptability and dedication to innovation inform my contributions to clinical medicine and healthcare development.

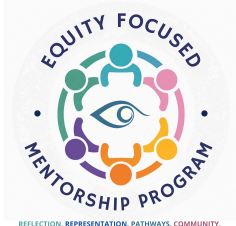
Academic, educational and research interests: I have experience treating a range of eye conditions, including Vogt–Koyanagi–Harada disease. My professional interests include vitreoretinal surgery, medical education, research, global ophthalmology and healthcare leadership.

Involvements outside of ophthalmology: Artificial intelligence in ophthalmology; biotechnology and robotics in the health system; group practice and health economics in the eye-care industry; and sports, including ice hockey and soccer.

Mentorship topics: exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, networking and professional development, work–life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, community or rural ophthalmology, academic ophthalmology, VitreoRetina, international ophthalmology, community/ ophthalmology in the tropics, humanitarian services in ophthalmology

#40

Physician Identity: Community/Academic ophthalmologist, Cornea, external disease, uveitis, refractive surgery



Social Identity: I am a visible minority within the Canadian healthcare system, working as a Cornea, anterior segment and refractive surgeon, also providing comprehensive Ophthalmological clinical and surgical care. I feel a holistic and balanced approach to Ophthalmology is our best steps forward for both surgeon and patients.

Academic, educational and research interests: Cornea, cataract, instrumentation, refractive surgery, technology

Involvements outside of ophthalmology: Meditation, Sports: soccer, golf, hockey, fitness training, family, coaching

Mentorship topics: exploring ophthalmology as a career, research and academic opportunities, work–life balance, cornea, external disease

#56

Physician Identity: Community/Academic ophthalmologist, Glaucoma

Social Identity: I am a second generation Canadian of Pakistani descent.

Academic, educational and research interests: Affiliated with McGill university and involved in the glaucoma fellowship program. Primarily community based with some academic involvement.

Involvements outside of ophthalmology: Find meaning in my work but also recognize the importance of work life balance. Understand the challenges navigating different work environments as both a woman and ethnic minority.

Mentorship topics: exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development, work–life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, academic ophthalmology, Glaucoma

#43

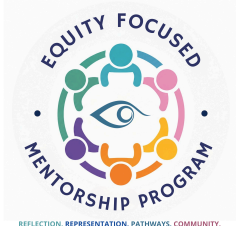
Physician Identity: Senior Ophthalmology Resident (PGY5)

Social Identity: I identify as a South Asian woman in medicine and am passionate about fostering diversity, equity, and inclusion within ophthalmology. I also strive to be an ally to other marginalized communities, recognizing the importance of creating safe and supportive spaces for trainees from a wide range of backgrounds.

Academic, educational and research interests: My academic, educational, and research interests include comprehensive ophthalmology, low vision rehabilitation, and the organization and delivery of eye care. I have a background in low vision rehabilitation, which has shaped my interest in patient-centered and accessible care. I am also interested in innovation in surgical care, research, and clinical systems, particularly where these can improve efficiency, accessibility, and patient outcomes.

Involvements outside of ophthalmology: Outside of ophthalmology, I enjoy dance, volleyball, music, and travel. I also value spending time with friends and family and being actively engaged in my community.

Mentorship topics: Exploring ophthalmology as a career, CaRMS and residency applications, work–life balance, navigating identity in medicine



#75

Physician Identity: Academic Ophthalmologist

Social Identity: I am an Asian female physician and mother of two. I am originally from Vancouver, but have lived and worked in Alberta, Quebec, Ontario, and the Northwest Territories. I strive to be open minded and an ally to people with different backgrounds and identities. I look forward to getting to know you.

Academic, educational and research interests: I previously worked at an eye bank, which was the start of my interest in cornea transplant and other anterior segment surgeries. My current practice includes cataracts, cornea transplants, and anterior segment surgeries (pterygium, corneal tattoo, cross-linking, etc.). I enjoy clinical and surgical teaching and routinely take medical students and residents.

Involvements outside of ophthalmology: I enjoy cooking, skating, traveling, and spending time with my kids.

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development, work-life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, academic ophthalmology, cornea and anterior segment

#44

Physician identity: Community/Academic Ophthalmologist, pathology & public health

Social identity: I have worked with vulnerable populations over the last 10 years. I am committed to advocating for vulnerable people.

Academic, educational and research interests: I am an Associate professor University of Toronto and Director of Public Health and Global Ophthalmology at DOVS. I serve as Co-chair for CAPHGO. My primary interest has been eye care for unhoused as well as refugee eye care. I have a Fellow in Global Eyecare this year, and hope this will be sustainable.

Mentorship topics: Exploring ophthalmology as a career, Research and academic opportunities, Global ophthalmology and equitable eye care

Involvements outside of ophthalmology: Interested in yoga, exercise, reading, Baker (gluten free)

#17

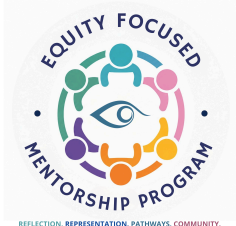
Physician Identity: Academic Ophthalmologist, Glaucoma

Social Identity: Raised by immigrant parents. First to attend medical school.

Academic, educational and research interests: Academic and private practice. Teacher and surgeon. Practice owner.

Involvements outside of ophthalmology: Sports, food, travel and leadership.

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development,



work-life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, community ophthalmology (practice owner), academic ophthalmology, glaucoma, leadership training, ai implementation

#71

Physician Identity: Junior Ophthalmology Resident (PGY1, PGY2)

Social Identity: Ally. From rural community.

Academic, educational and research interests: No information provided.

Involvements outside of ophthalmology: Exercise (cycling, hiking, gym), reading, cooking/baking.

Mentorship topics: Clinical exposure or shadowing, medical education, CaRMS and residency, work-life balance, imposter syndrome, microaggressions or other equity-related experiences, community or rural ophthalmology

#51

Physician Identity: Junior Ophthalmology Resident (PGY1, PGY2)

Social Identity: I am a woman with a settler background, and I am very pleased to support learners from marginalized under-represented groups through meaningful allyship.

Academic, educational and research interests: I am a junior resident at UBC. My strongest interest and passion is in medical education, for which I have completed a masters degree. I could see myself taking up the role of a program director in my future career! I am a resident representative on the CBD (competency by design) National Advisory Board, and I engage in medical education research. I am also a reviewer for the Canadian Medical Education Journal. I love engaging in teaching and mentorship, and connecting with learners.

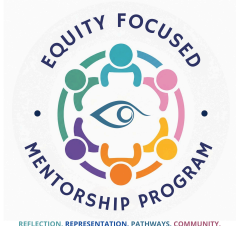
Involvements outside of ophthalmology: I enjoy hiking and downhill skiing, which worked out great as I moved to UBC for residency! I play board games with friends and family, and I have also designed some medical-themed card games. I have just gotten married this summer and am looking forward to our honeymoon in Portugal this fall. I also enjoy reading books while drinking tea with my cat's company. I am also comfortable sharing my experience with going unmatched in my first CaRMS year.

Mentorship topics: exploring ophthalmology as a career, research and academic opportunities, medical education, CaRMS and residency applications

#62

Physician Identity: Senior Ophthalmology Resident (PGY3, PGY4, PGY5)

Social Identity: I am a white cisgender male, and am married to a woman, with one child. I grew up in North York, Toronto and was born into a family where both my parents are physicians. I strongly believe in this initiative aiming to increase accessibility of opportunities to applicants who are interested in ophthalmology. It can be very difficult and intimidating when applying to a limited number of research, volunteer and shadowing opportunities in a small and competitive specialty. My lived experience may not reflect the challenges many applicants face, but I am keen to lend



my support in helping applicants access opportunities for research, clinical skills, networking and preparing for applications/interviews.

Academic, educational and research interests: I did a 5 year combined Medicine-MBA program at the University of Toronto through Temerty and Rotman. As a past consultant for equity diversity and inclusion strategy at a major Toronto hospital and as resident lead for our community based diabetic retinopathy screening program, health equity is a major focus of mine. I'm also passionate about medical innovation and my research focuses on investigating new ophthalmologic applications in diagnostics and AI.

Involvements outside of ophthalmology: I'm a huge basketball fan and play at least once a week in a rec league throughout med school and residency. Lately have been doing a lot of biking since moving to Ottawa for residency, and going to the gym as much as I can (although my new baby is trying her best to keep me home). Outside of being active, I am always looking for new good music (all genres) and play a few instruments (guitar, piano).

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development, work-life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, community or rural ophthalmology, academic ophthalmology

#27

Physician Identity: Community/Academic ophthalmologist

Social Identity: While my ethnic background is East Asian, my family has lived in Canada for several generations. As a result, my upbringing and identity reflect a blend of Canadian and Chinese traditions, values, and beliefs—though my lived experience has largely aligned with the former.

I recognize that I have benefited from privilege and that my chosen career path aligns with the "model minority" stereotype. I strive to be, and to continue growing as, an ally to individuals from both visible and non-visible minority groups.

Ophthalmology is not a particularly heterogeneous specialty, and, given the competitiveness of entry, it can carry a perceived stigma of elitism and a glass ceiling that may feel difficult to break through—especially for those from disadvantaged backgrounds. Through this mentorship program, I hope to contribute to dismantling these barriers by supporting and inspiring such disadvantaged persons to become the next generation of ophthalmologists - and to flourish through diversity of background, thought, and innovation.

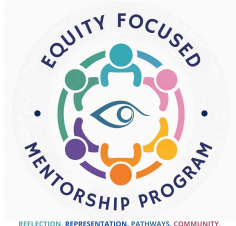
Academic, educational and research interests: My academic interests include medical education and outreach medicine.

Involvements outside of ophthalmology: Parenthood (I am a dad), Liverpool FC and other sports, photography, movies.

#21

Physician Identity: Community Ophthalmologist, Retina

Social Identity: First generation Canadian immigrated from South Africa (3rd generation) and of Indian descent. As a child of apartheid, equity and diversity resonate strongly with my lived experience.



Academic, educational and research interests: Currently working on multiple projects with a team of students

Interests include innovative therapies in the retina space, in particular dry AMD, as well as new innovations including gene and cell therapy

Involvements outside of ophthalmology: Soccer, tennis, Padel

Mentorship topics: exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, networking and professional development, work–life balance, imposter syndrome, microaggressions or other equity-related experiences, community or rural ophthalmology

#45

Physician Identity: Senior Ophthalmology Resident (PGY3)

Social Identity: first generation immigrant, first in my family to pursue medicine, financial struggles

Academic, educational and research interests: medical education, ophthalmology advancements

Involvements outside of ophthalmology: food, swimming, gym

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences.

#70

Physician Identity: Junior Ophthalmology Resident (PGY1, PGY2)

Social Identity: I am a woman of East Asian background and a first-generation immigrant. Having experienced firsthand the value of help and guidance from mentors, I am passionate about giving forward and supporting others from under-represented groups as they pursue opportunities in ophthalmology.

Academic, educational and research interests: No information provided.

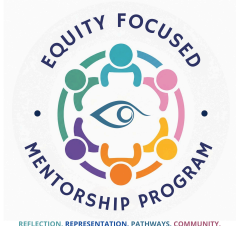
Involvements outside of ophthalmology: No information provided.

#8

Physician Identity: Staff Ophthalmologist, Medical Retina and Uveitis Specialist, Cataract Surgeon, University of Toronto

Social Identity: I am a South Indian–Canadian Ophthalmology fellow. I was born and raised in Canada, but have strong family ties to my Goan community. I am an ally for those under-represented in medicine and strive to help create an equitable environment for students pursuing a career in medicine.

Academic, educational and research interests: Research in optimizing cataract surgery outcomes, implementing AI into retinal practice, and analyzing treatment outcomes for complex uveitic patients.



Involvements outside of ophthalmology: Sports and music (and eating every type of food imaginable)!

Mentorship topics: exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development, work–life balance, imposter syndrome, microaggressions or other equity-related experiences, academic ophthalmology, medical retina and uveitis

#9

Physician Identity: Senior Ophthalmology Resident (PGY3, PGY4, PGY5)

Social Identity: I am an Indo-Canadian, Ismaili Muslim, female and person of colour, born to parents who immigrated from Africa.

Academic, educational and research interests: As a resident physician, I have a vested interest in medical education, equity/diversity and inclusion. I find myself embarking on research that turns inquiry into advocacy, often highlighting groups that are not seen in research—for example, currently in low vision and uveitis.

Involvements outside of ophthalmology: Outside of ophthalmology, I enjoy global music, tennis, exploring new restaurants and coffee culture.

Mentorship topics: exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development, work–life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences

#15

Physician Identity: Senior Ophthalmology Resident (PGY4)

Social Identity: South Asian (Indian)

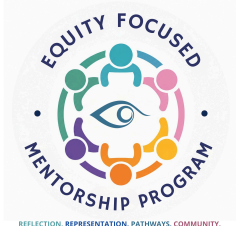
Academic, educational and research interests: My interests in ophthalmology and in general focus on learning about fitness, exercise, longevity, efficiency and ergonomics. From an academic perspective, I hope to integrate these passions of mine into my future projects as a resident and ophthalmologist.

Mentorship topics: work-life balance, CaRMS and residency applications, and exploring ophthalmology as a career

#41

Physician Identity: Academic Ophthalmologist, Med/Surg Retina

Social Identity: This mentor is an assistant professor of ophthalmology in Winnipeg. Their academic path has included undergraduate studies in health sciences, medical school, and residency and fellowship in ophthalmology at Canadian institutions.



They have contributed as co-author on multiple scientific publications and grants, and were recognized with a mentorship and teaching award for their work supporting residency education. They also created an online resource to help improve ophthalmic education and access to materials for residents in Canada and internationally.

Academic, educational and research interests: education, 3D printing

Involvements outside of ophthalmology: Fatherhood, finance

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development, work-life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, academic ophthalmology

#95

Physician Identity: Community Ophthalmologist, Academic Ophthalmologist

Social identity: I'm from Bangladesh

Academic, educational and research interests: I'm an assistant professor at McMaster University and a community ophthalmologist. I enjoy teaching residents and medical students.

Mentorship topics: Academic mentorship (research advice and opportunities, CaRMS-related mentorship, networking, career and personal life balance)

Involvements outside of ophthalmology: I love travelling

#42

Physician identity: Community/Academic ophthalmologist, neuro-ophthalmology

Social identity: Canadian Neuro-Ophthalmologist of Indian ancestry.

Academic, educational and research interests: Neuro-ophthalmology, with particular interest in the diagnosis and management of vision-threatening conditions such as retinal artery occlusion, optic neuritis, and idiopathic intracranial hypertension.

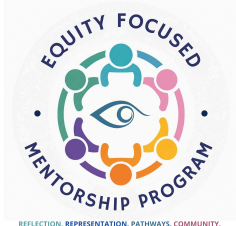
Involvements outside of ophthalmology: Time with family/friends, running, other sports (primarily basketball), food/coffee.

Mentorship topics: Exploring ophthalmology as a career, Clinical exposure or shadowing, Research and academic opportunities, Medical education, CaRMS and residency applications, Networking and professional development, Work-life balance

#74

Physician identity: Junior Ophthalmology Resident (PGY1, PGY2)

Social identity: I am of Indian descent and identify as a person of colour. I also wish to identify as an ally.



Academic, educational and research interests: Medical education, curricular reform, outcomes-based academic research, and mentorship as a whole

Involvements outside of ophthalmology: I am an avid photographer, hiker, sports enthusiast (hockey, basketball, american football) and also enjoy cooking!

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, medical education, networking and professional development, work–life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, community or rural ophthalmology

#3

Physician identity: Community Ophthalmologist, Academic Ophthalmologist

Social identity: I am a first-generation Canadian and only member of my family currently in the healthcare sector.

Involvements outside of ophthalmology: keeping active/gym, music/festivals, cooking/baking

Mentorship topics: Exploring ophthalmology as a career, CaRMS and residency applications, Community or rural ophthalmology, Academic ophthalmology

#4

Physician identity: Junior Ophthalmology Resident (PGY1, PGY2)

Social identity: minority ethnic group

Academic, educational and research interests: medical education, mentorship

Involvements outside of ophthalmology: hiking, running

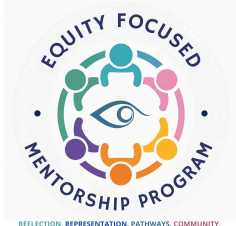
Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education

#5

Physician identity: Community Ophthalmologist, Academic Ophthalmologist

Social identity: I am the oldest daughter of a small town family. I am the first of my family to attend university and the only one of my family in the medical field. I have experience navigating imposter syndrome and sexism in the profession. I have 3 small children (5 year old and twin 3 year olds). My husband travels frequently and work-life balance can be a particular challenge for me related to this. I live in a rural community and practice academic ophthalmology at a tertiary care center.

Academic, educational and research interests: I am an academic ophthalmologist with sub-specialization in oculofacial plastic and reconstructive surgery. I am the previous competence committee chair for our residency program and currently serve as an academic advisor. I have a master's of education with focus on evaluation and assessment. I have previously served on an international medical mission to Bolivia providing medical and surgical eye care.



Involvements outside of ophthalmology: sports (volleyball, curling), gardening (flowers, vegetables), reading (hard copy and audio books), rural living (firewood, canning, wildlife), fitness (exercise, diet), vegetarian cooking

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, medical education, CaRMS and residency applications, work–life balance, community or rural ophthalmology, academic ophthalmology, a particular ophthalmology subspecialty

#10

Physician identity: Junior Ophthalmology Resident (PGY1, PGY2)

Social identity: I am a first generation immigrant from China and first in my family in healthcare. I was a non-traditional applicant into medicine as a undergraduate majoring in computer science. As a applicant that switched into Ophthalmology late in third year, I have first-time experience navigating the challenges and anxieties of making a transition to a competitive specialty. As someone who has benefited from excellent mentors throughout my academic career, I wish to pass on the torch to the next generation of potential ophthalmologists.

Academic, educational and research interests: My research interests have mostly been the area of utilizing artificial intelligence to advance medical education and training, including interactive AI tools for ophthalmological history taking and retrieval augmented generation LLMs for course syllabus navigation. My clinical research projects have involved investigating intraoperative IOP fluctuation during vitreoretinal surgery and developing computational technics of blood flow heterogeneity analysis in retinal OCT imaging.

Involvements outside of ophthalmology: My physical hobbies include badminton, rock, climbing, skiing, and snowboarding. I have a recreational interest in aviation via drone aerial photography and having acquired a recreational pilot license through the Air Cadet program. I also enjoy playing piano, watching anime/manga, and binging YouTube video essays.

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development, work–life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, community or rural ophthalmology

#12

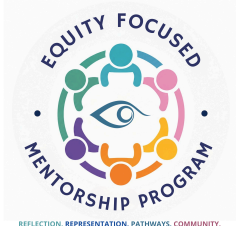
Physician identity: Junior Ophthalmology Resident (PGY1, PGY2)

Social identity: I am a first generation immigrant from Libya. I find being from Libya is interesting because I identify with both Arab and African cultures and love every part of it. My previous work with underrepresented groups mostly involved around work I've done with my local mosque back in Charlottetown, PEI and Halifax Nova Scotia.

Academic, educational and research interests: Global health, clinical research, surgical innovation

Involvements outside of ophthalmology: Sports (basketball & football), music, travel, cooking, comedy

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, CaRMS and residency applications, imposter syndrome, microaggressions or other equity-related experiences, community or rural ophthalmology



#13

Physician identity: Junior Ophthalmology Resident (PGY1, PGY2)

Social identity: I am a first generation immigrant and first physician in my family. Much of my previous volunteer and work experience focused on serving marginalized groups. My path to Ophthalmology was supported by many incredible mentors from residents to staff and I hope to provide similar mentorship to medical students in a safe, welcoming environment.

Academic, educational and research interests: Interests of mine include clinical research and medical education. Additionally, I am very motivated to incorporate global ophthalmology into my future practice.

Involvements outside of ophthalmology: I love spending time outdoors, from hiking to biking to camping. Additionally love to read and do pottery in my free time.

Mentorship topics: Exploring ophthalmology as a career, Clinical exposure or shadowing, CaRMS and residency applications, Imposter syndrome, microaggressions or other equity-related experiences

#99

Physician identity: Community Ophthalmologist; subspecialty training in surgical and medical retina

Social identity: Strong focus on advising students and residents on practice management and non-traditional methods of establishing a practice and succeeding

Academic, educational and research interests: Not provided

Involvements outside of ophthalmology: Skiing, biking, photography, Islam

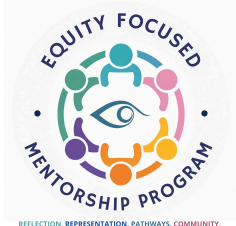
Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, work-life balance, surgical retina, the business of medicine

#16

Physician Identity: Senior Ophthalmology Resident (PGY3, PGY4, PGY5)

Social Identity: I am a 27-year-old resident physician currently in my third year (PGY-4) of ophthalmology training in Saskatchewan. As a member of the medical and academic community, I value inclusivity and collaboration. I recognize the importance of diverse representation in medicine and am committed to supporting those exploring or pursuing a career in ophthalmology. I am open and enthusiastic about providing mentorship to all individuals, regardless of background, who are interested in the field.

Academic, educational and research interests: I am committed to both clinical excellence and lifelong learning. I have an interest in optimizing medical education through the use of active recall and spaced repetition techniques, such as Anki, in preparation for the OKAP and Royal College examinations. My research interests include clinical outcomes-based research and quality improvement within ophthalmology. I am drawn to the areas of comprehensive ophthalmology, glaucoma, and retina.



Involvements outside of ophthalmology: Outside of work, I enjoy playing golf, fishing, reading, financial literacy education, and fitness.

Mentorship topics: Exploring ophthalmology as a career, clinical exposure or shadowing, research and academic opportunities, medical education, CaRMS and residency applications, networking and professional development, work–life balance, navigating identity in medicine, imposter syndrome, microaggressions or other equity-related experiences, community or rural ophthalmology, academic ophthalmology

#35

Physician identity: Junior Ophthalmology Resident (PGY1, PGY2)

Social identity: I am a first-generation immigrant who came to Canada as a teenager, giving me a first-hand understanding of how difficult it is to navigate the healthcare system here. I also identify as Arab and Muslim, but I am passionate about mentoring students from various backgrounds and giving back to a community that has given me so much.

Academic, educational and research interests: Bachelors in Kinesiology at Ottawa, MD at Queen's

Involvements outside of ophthalmology: Soccer and other sports, all things music related (but unfortunately not musically talented), traveling, foodie and love trying foods of different cultures

Mentorship topics: Exploring ophthalmology as a career, Clinical exposure or shadowing, Research and academic opportunities, Medical education, CaRMS and residency applications, Networking and professional development, Work–life balance, Navigating identity in medicine, Imposter syndrome, microaggressions or other equity-related experiences

#24

Physician identity: Junior Ophthalmology Resident (PGY1, PGY2)

Social identity: First generation immigrant from Iran.

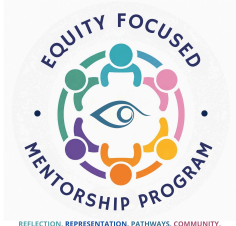
Academic, educational and research interests: I completed my undergraduate, graduate studies as well as medical school at UBC. I have a research background with a master's in basic science ophthalmology.

Involvements outside of ophthalmology: I like to play volleyball and tennis and I stay active by joining group workout classes or running.

Mentorship topics: Exploring ophthalmology as a career, Clinical exposure or shadowing, Research and academic opportunities, CaRMS and residency applications, Networking and professional development, Navigating identity in medicine, Community or rural ophthalmology

#36

Physician identity: Junior Ophthalmology Resident (PGY1, PGY2)



Social identity: I am an Asian Canadian woman and the daughter of Vietnamese refugees who came to Canada as boat people. My family's experiences have shaped my appreciation for the opportunities made possible through education, mentorship, and community, while also making me mindful of the barriers faced by those from immigrant, refugee, and underrepresented backgrounds. These experiences inform my commitment to equity and inclusion and to supporting trainees as they navigate medicine and academia. As a mentor and ally, I strive to create an open, supportive space where individuals of all backgrounds feel valued, heard, and empowered to pursue their goals.

Academic, educational and research interests: My primary research interest is thyroid eye disease, with a focus on advancing its understanding and treatment through clinical and translational research. I am also interested in clinician-scientist training and bridging scientific discovery with meaningful improvements in patient care. My broader academic interests include medical education, mentorship, resident advocacy, health policy, and physician leadership.

Involvements outside of ophthalmology: Outside of work and studies, I enjoy staying active through running and have previously played competitive ultimate frisbee and flag football. I also ski and play hockey when I get the chance. I am an avid foodie and restaurant blogger who loves exploring local restaurants and new cuisines. I enjoy travelling when I can, especially for the chance to experience new places and, of course, their food!

Mentorship topics: Exploring ophthalmology as a career, Clinical exposure or shadowing, Research and academic opportunities, Medical education, Networking and professional development, Academic ophthalmology

#7

Physician identity: Junior Ophthalmology Resident (PGY1, PGY2)

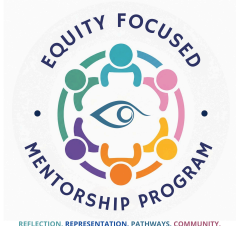
Social identity: Much of my mentorship and advocacy work has focused on improving access to medicine and ophthalmology for students who have historically faced barriers to these fields. I have been fortunate to work with learners from a wide range of cultural, socioeconomic, and educational backgrounds, and these experiences have shaped how I approach mentorship.

My own decision to pursue ophthalmology was strongly influenced by mentors who made the field feel welcoming, accessible, and achievable. Their guidance gave me the confidence to see myself in the specialty, and I hope to give back by offering that same support to others.

As a mentor, I hope to create an environment where students can speak openly about the challenges they are facing, receive practical and individualized guidance, and feel that there is a place for them within ophthalmology.

Academic, educational and research interests: My academic interests span medical education, health equity, artificial intelligence and ergonomics. A major focus of my research has been understanding and addressing inequities in ophthalmology, including representation in medical training, accessibility for people with visual impairment, and Indigenous eye health. I enjoy helping students navigate research, ophthalmology electives, residency applications, and the broader process of exploring whether ophthalmology is the right career for them.

Involvements outside of ophthalmology: Outside of ophthalmology, I enjoy sports, especially basketball, and have also been involved in coaching, including with the BC provincial goalball team. I also enjoy mentorship and community work, travelling, board games, spikeball and spending time with friends and family.



Mentorship topics: Exploring ophthalmology as a career, Clinical exposure or shadowing, Research and academic opportunities, Medical education, CaRMS and residency applications, Networking and professional development, Community or rural ophthalmology, Academic ophthalmology

#38

Physician identity: Rural Ophthalmologist, Community Ophthalmologist

Social identity: I identify as an individual who is passionate about helping those who find themselves on an atypical path leading up to their Ophthalmology residency training. I am also someone who struggled with being discriminated against during my residency training based on my sex and because I was a mother to a young child. None of what I achieved came easily, and so I believe I could offer support and perspective to others who may be navigating challenges with self-confidence, questioning their career choices, or experiencing harassment within their learning environment.

Academic, educational and research interests: I served on the Board of Directors for Seva Canada and worked with International partners to improve eye care delivery to underserved parts of the world. Though I no longer serve on the board they are still part of my family. I have always enjoyed teaching medical students and residents as well as writing about and giving talks on having a healthy mindset regarding our work lives and our purpose in medicine.

Involvements outside of ophthalmology: I have a very rich and active life outside of Ophthalmology. 25 years after my competitive career ended, I went back to figure skating regularly. I started taking cello lessons in my 40's and continue to play everyday. I do CrossFit and Hyrox three times a week and I have started a small fashion label with a designer friend of mine. I have just started voice lessons with the hopes of becoming brave enough to audition for a local theatre production one day.

Mentorship topics: Exploring ophthalmology as a career, Clinical exposure or shadowing, Medical education, Work-life balance, Navigating identity in medicine, Imposter syndrome, microaggressions or other equity-related experiences, Community or rural ophthalmology

#6

Physician identity: Rural Ophthalmologist, Academic Ophthalmologist

Social identity: I only concern myself with competence in medicine. Everything else with respect to identity and equity is secondary to me in daily affairs.

Academic, educational and research interests: Medical innovation, pathophysiology and historical aspects of ophthalmology, including historical innovations in surgery.

Involvements outside of ophthalmology: Astronomy, anthropology and religious history.

Mentorship topics: Exploring ophthalmology as a career, Clinical exposure or shadowing, Medical education, Work-life balance, Community or rural ophthalmology, Retina