

Knight ADRC Research Education Component Mentor Workshop Course

The Knight ADRC Research Education Component (REC) is developing a comprehensive mentor training and support program for junior and senior faculty in Alzheimer Disease and Related Disorders (ADRD) research. This program will provide a six session mentoring workshop series, with each session focusing on education and resources in different aspects of the mentoring process.

In this inaugural workshop course, attendees will receive the skills and framework needed to assist mentees in creating an Individual Development Plan that is based on the individual's long-term vision and that aligns with the institutional environment. The course will be led by Dr. Nimish Mohile, a Professor in the Department of Neurology and Associate Chair for Development and Leadership at the University of Rochester. Dr. Mohile will provide attendees not only learning skills, but the opportunity to work in a structured format to identify and prioritize values, set vision and goals, and create an action plan.

Mentoring Workshop Details

Audience:

This workshop is intended for mentors in academic medicine. Mentors should ideally have mentees that are interested in a career in academic medicine focused on research, educational research or scholarship, clinical program development or administrative leadership in ADRD.

Time commitment:

Attendees will participate in six (6) zoom sessions over the course of six (6) months starting in May of 2021 and continuing through October 2021. Each session will last 60 minutes, and there will be brief homework assignments and additional work related to developing Individual Development Plans. (**75% Participation commitment is required, 5 of 6 classes must be attended*)

Format:

All meetings will take place via Zoom. Links will be provided to registrants the week before each course.

Schedule:

See the [next page](#) for workshop course schedule.

Questions?

Contact Melissa Schicker, Knight ADRC Research Education Component Administrator schickerm@wustl.edu

For more information visit our website at [Knight ADRC Research Education Component](#)

Schedule:

Session	Date / Time	Topics Covered	Learning Objectives
1	Monday May 10 th 10am – 11am Central	<ul style="list-style-type: none"> • Introductions and overview • Establishing a productive relationship with your mentee • Setting mentor goals for the year 	<ol style="list-style-type: none"> 1. Develop a holistic approach to mentees 2. Learn to mentor those with diverse interests and backgrounds
		Homework: Values Sort and Peak Experience exercise;	
Session	Date / Time	Topics Covered	Learning Objectives
2	Monday June 7 th 10am – 11am Central	<ul style="list-style-type: none"> • Identifying values • Prioritize values • Are your values concordant with your time? 	<ol style="list-style-type: none"> 1. Active Listening as a mentor 2. Appreciative Inquiry
		Homework: CV and Calendar Review	
Session	Date / Time	Topics Covered	Learning Objectives
3	Thursday July 22 nd 3pm – 4pm Central	<ul style="list-style-type: none"> • What is the long-term impact you want to have? • Setting the right goals 	<ol style="list-style-type: none"> 1. Developing goals that have meaning for your mentee
		Homework: Ted Talk on procrastination and Listing 1-yr goals	
Session	Date / Time	Topics Covered	Learning Objectives
4	Monday August 9 th 10am – 11am Central	<ul style="list-style-type: none"> • Creating a short-term Action Plan • Identify the skills, resources and support you need 	<ol style="list-style-type: none"> 1. Organizing and prioritizing time 2. Creating intentionality in your career
		Homework: Complete Academic Development Action Plan	
Session	Date / Time	Topics Covered	Learning Objectives
5	Monday September 13 th 10am – 11am Central	<ul style="list-style-type: none"> • Review and revise your plan; peer feedback • Working with your medical center to implement 	<ol style="list-style-type: none"> 1. Assisting mentees to align professional development goals with lab, division, department or institutional goals 2. Engaging mentors and leaders in your academic development plan
		Homework: Discussing plan with your peers, chairs or mentors.	
Session	Date / Time	Topics Covered	Learning Objectives
6	Monday October 11 th , 10am – 11am Central	<ul style="list-style-type: none"> • Craft your personal mission and vision for your career 	<ol style="list-style-type: none"> 1. Self-efficacy 2. Helping mentees in long-term sustenance of their motivation