A NATIONAL STUDENT-LED PLATFORM FOR INTERNATIONAL PRE-HEALTH STUDENTS: MENTEE FEEDBACK FROM A YEAR IN REVIEW
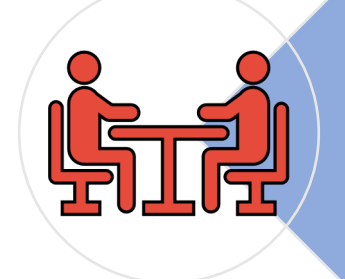
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Background

- International pre-health students face unique challenges in the US and have limited availability of mentorship and resources.
- F1Doctors the first national, student-led peer mentorship platform created with the goals of providing personalized mentorship and community for international pre-health students.
- The Platform has 140 mentors from over 30 countries providing free guidance on applying to US health professional programs.
- *Chayeb, R. J., Senthilkumar, G., Saade, et. Al. (2022, April 16). Examining the first peer-to-peer mentorship program (f1doctors) for international Medical Students. Retrieved April 20, 2022, from https://ojed.org/Index.php/jlse/article/view/4263*
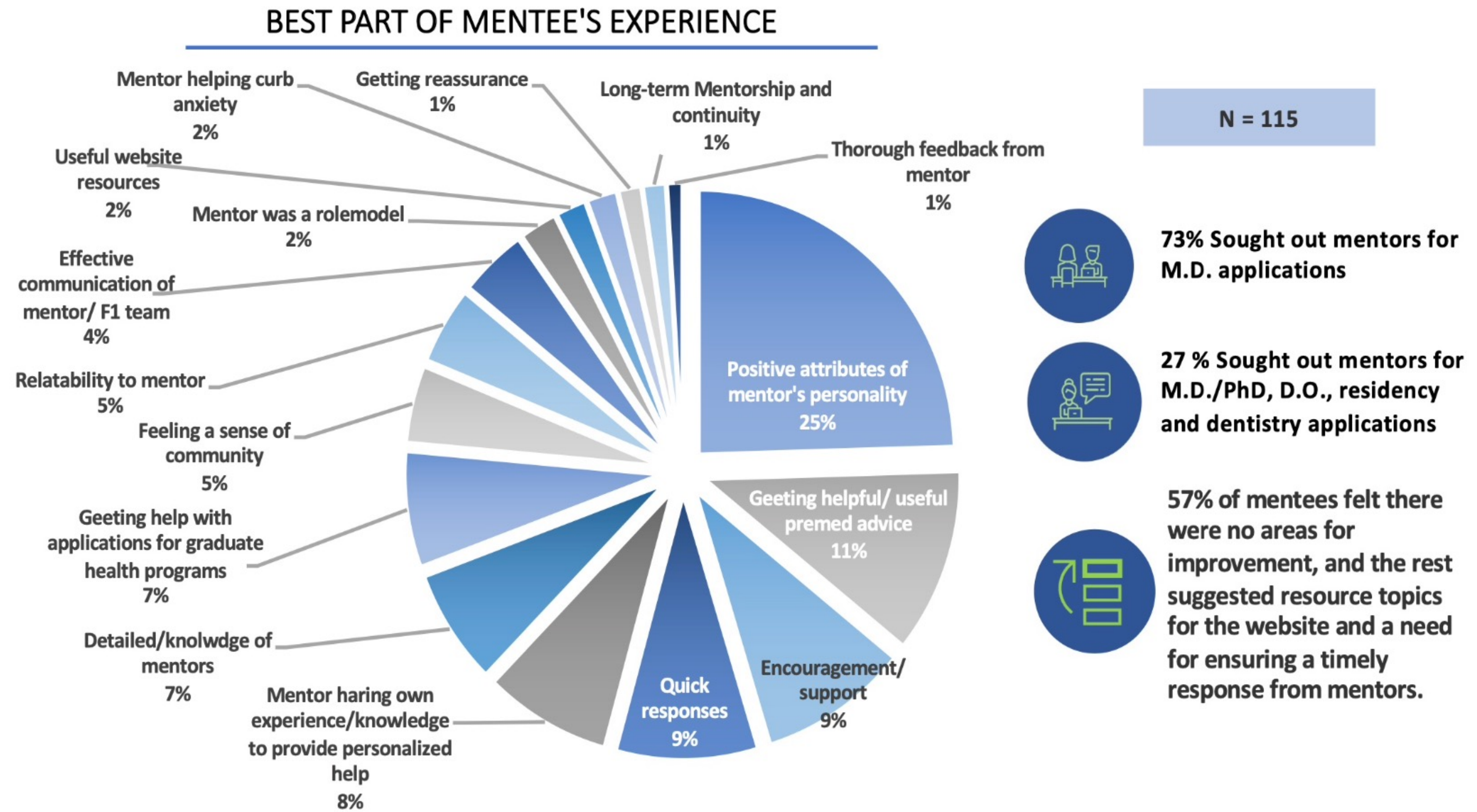
The purpose of the study is to analyze mentee feedback following a year of the platform's existence.

Methods

Open response survey asking "Best Part of Their Experience" and "Areas to Work On."

Survey distributed through mailing lists and social media.

Responses were de-identified, and a thematic analysis of each response was performed by two independent reviewers.

This methodology was selected to alleviate any response biases due to language limitations and/or differences in cultural interpretations of pre-written statements.

Results and Conclusions

BEST PART OF MENTEE'S EXPERIENCE

- Mentor helping curb anxiety 2%
- Getting reassurance 1%
- Long-term Mentorship and continuity 1%
- Thorough feedback from mentor 1%
- Useful website resources 2%
- Mentor was a rolemodel 2%
- Effective communication of mentor/ F1 team 4%
- Relatability to mentor 5%
- Feeling a sense of community 5%
- Geeting help with applications for graduate health programs 7%
- Detailed/knolwdge of mentors 7%
- Mentor haring own experience/knowledge to provide personalized help 8%
- Positive attributes of mentor's personality 25%
- Geeting helpful/ useful premed advice 11%
- Quick responses 9%
- Encouragement/ support 9%

N = 115

73% Sought out mentors for M.D. applications

27 % Sought out mentors for M.D./PhD, D.O., residency and dentistry applications

57% of mentees felt there were no areas for improvement, and the rest suggested resource topics for the website and a need for ensuring a timely response from mentors.

F1Doctors is a useful and well-received platform for proving personalized, relatable mentorship for international students pursuing graduate health programs.