

Facilitating Mentorship within Athletic Training Clinical Education

Peer-to-Peer Discussion
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Session Overview:

Mentorship has an important role in several areas of athletic training clinical practice and education. Effective mentorship may facilitate athletic training students' socialization into the profession, novice preceptors' orientation to their preceptor role, and novice clinicians' transition to autonomous clinical practice. By initiating mentorship during professional education and continuing this support throughout a novice clinician's first years of practice, educators can facilitate professional socialization, foster role competence, and promote quality patient care. The objectives of this peer-to-peer discussion are to discuss strategies for facilitating mentorship in formal and informal clinical education settings, including methods, benefits, and challenges associated with mentorship.

Discussion Questions:

- What type of mentorship occurs in your athletic training program? Is it more formal or informal?
- Does the mentorship that occurs seem to work for your program?
- What factors have helped you facilitate effective mentoring within your program?
- What challenges have you faced when facilitating and sustaining mentorship in your AT programs?
- What resources have or would help you foster mentorship within your athletic training program?

Benefits of Mentoring:

- Professional advancement by working towards common goals and promoting learning.
- Development of professional enthusiasm and commitment.
- Improved self confidence and reduction of professional stressors due to support created within the relationship.

Keys to Mentoring:

- Developing a professional relationship that is nurturing, yet challenging.
- Establishing consistent, frequent communication that advances professional practice.
- Mutual investment must occur between the mentor and mentee.