



mentoring program



men·tor

/'men,tôr,-tər/

1. NOUN An experienced and trusted adviser

Challenging journeys are best travelled with the help of a mentor, a trusted guide who can help you stay on the right path. That's why the Southern KY AHEC has developed AHEC Connect, a mentoring program for college undergrads who want to pursue a medical career. The 4-month program is free of charge, takes little time, and provides a structured framework for communicating with a mentor to help guide you along your journey.

**Your mentor will:**

- Help you become familiar with pathways to medical school
- Describe how medical school life is for med students
- Answer questions about financial issues in college
- Advise you on class selection to get into medical school
- Encourage you to volunteer
- Provide advice on MCAT prep
- Provide job shadowing ideas
- Engage in one monthly conversation for four months
- Provide a monthly article or educational video

**For more information**

Sherry Spragens, Southern KY AHEC  
sspragens@soahec.org or (606)256-0950

# Mentee Application Form

Name \_\_\_\_\_

Birthday \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State KY Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

High school Attended \_\_\_\_\_

College Attending \_\_\_\_\_

Major: \_\_\_\_\_

Year graduating: \_\_\_\_\_

Must be a graduate from the Southern AHEC region to qualify.

**Mail a completed application form to:**

Southern KY AHEC  
PO Box 1770  
Mt. Vernon, KY 40456