



I AM ABEL FOUNDATION

# WOULD YOU LIKE TO BECOME A PHYSICIAN MENTOR OR SATURDAY MORNING PROFESSOR?

## SO WHAT DO WE BELIEVE AND WHY ARE WE HERE?

### Our Vision

The I Am Abel Foundation seeks to bridge socioeconomic gaps and promote achievement amongst underrepresented minority inner city youth so that every child will have a shot at the not so impossible American Dream.

### Our Mission

Our foundation believes that suboptimal education combined with inadequate mentoring opportunities are key barriers for our children. Through our camps, conferences, internships, global humanitarian efforts, Medical Study Abroad and our flagship URBAN BRIDGES MEDICAL MENTORING PROGRAM, we endeavor to increase exposure and opportunities for minorities in math and science, with a strong emphasis on developing a pipeline to careers in medicine.

With the looming physician shortage anticipated as early as 2025, we know the communities from which are students hail will be hardest hit. We are therefore preparing our scholars so they can one day meet the challenge as we give them the tools to change our communities from the inside out particularly in the realm of health care where we endeavor to reduce health disparities locally and abroad.

### Our Program

For details on program design, please visit <http://www.iamabel.org/urban-bridges-medical-mentoring-program>. In summary, our very successful Urban Bridges Medical Mentoring Program is based on a 3 prong concept which begins with **YOU**, the **Physician Mentor** who is paired 1:1 with a Scholar Mentee. Secondly, each student also participates in biannual physician facilitated academic advising sessions designed to make certain that our students **know what is needed and when** plus what it really takes to be on a successful path to medicine. Our Scholars receive this advice from physicians who like our students, often had to overcome familiar barriers now faced by the student in order to reach the goal of becoming a physician as a minority, socioeconomically disadvantaged or otherwise underrepresented student.

The 3rd part is our, Saturday Morning Professor Series. This is a physician-led seminar series with a year long unifying teaching theme. Typically we take a year long journey that introduces our students to purposeful medical history taking and the importance of patient centered care. We introduce them to this case based medical teaching curriculum through our monthly seminars that are physician lead. Each month, our Saturday Professors will teach a portion of our curriculum through the lens of their subspecialty. The year completes with Mock History Taking Competitions with simulated patients. It's an 1st year for each student with a robust support system that includes everything from MCAT prep for our college students to tutoring in AP Science courses for our High School students. There is so much that we do and it's too detailed to mention here. Please browse our website to learn everything we do to ensure the success of these bright Scholars.

### THE GALA IS WHERE ALL IT BEGINS

Dear Physician Mentor, we are delighted that you are considering to participate in our program. We would encourage each mentor to join us in our annual **"Preparing Our Successors In Medicine Annual Gala,"** which occurs each spring.

If you are able to join us for the gala, Physician Mentors will meet their assigned mentee for the first time during our meet and mingle just prior to gala festivities. We encourage full physician participation at the gala if you can attend.

You will receive a snapshot summary of your mentee in advance so that you are prepared to hit the ground running on Day 1. The gala features cocktail hour, hors d'oeuvres and live music. Typically we honor two very special guests as well.

Our **"STILL STANDING"** award will be presented to an outstanding Chicago area medical student who has overcome adversity all while establishing a track record of excellence while in pursuit of the dream to become a physician. We will also honor our **"HERO IN HEALTHCARE"** award for an outstanding healthcare leader who has championed the causes of the underserved while working equally as hard to increase the visibility of talented minority and underrepresented persons in careers in medicine. Our Hero In Healthcare embodies the I AM ABEL FOUNDATION creed by modeling service locally and abroad to the betterment of our communities.

## IF I BECOME A PHYSICIAN MENTOR, WHAT DO YOU NEED FROM ME?

Well I'm glad you asked!

### Mentor Expectations

- Share your expertise and knowledge of the medical field. The students are an open template. There is so much they can learn from you. We especially welcome retired physicians. It is about imparting legacy, passing traditions, sharing struggles and sharing knowledge. Many of our talented students come from tough neighborhoods where their singular voice to succeed is not often encouraged or welcomed. Helping the mentee navigate the road less traveled is as important as teaching them how to read an EKG or suture a laceration. Coach and inspire our children to dare to dream big. That is what mentoring is about!
- You're a doctor ! So share your expertise and knowledge of the medical field. All of our students are selected due to their aspirations to become physicians. If they can shadow you, even better. If they can assist with reading to students or seniors, fabulous. Together you can determine what will meet the needs of the mentee and help them on their pathway to becoming a physician.
- For those students actively applying to medical school, critiquing AMCAS or supplemental application personal essays may be of value. You get to decide based on the needs of your mentee. The goal is to continue to keep them motivated and directed towards achieving their goals to become a physician.
- Agree to maintain your ***mentoring relationship for at least one year*** and for as long thereafter that it is beneficial, productive and feasible for all parties. We endeavor to remain in the lives of each mentee until they receive their white coats. That won't always be possible, but that is the goal. We also know that try as we may, not all mentoring relationships are successful or a good match. If we find that the scholar and mentor are best paired with someone else, or either mentor or mentee request a switch, we will do our best to facilitate this as possible.

Ultimately, we fully recognize that all of our mentors are volunteers so we appreciate the gift of your time. We want mentoring to be fun. Positively changing the trajectory of a student's life is a joy. Please always let us know how we can make this experience better for you and the student. We will therefore do what we can to make sure you can share this experience with a mentee.

- **OPTIONAL:** participate in any scheduled seminar sessions with mentees and even precept/direct a session if desired.

### **Time Commitment**

- Dedicate 2-4 hours with your mentee every 1-2 months per your own availability (Skype, Café, Hospital, Office, Phone, etc.)
- Agree to participate in 1-2 events annually as physician time permits to enjoy bowling or our Summer Mentor Mentee Picnic.
- Join us as time permits at any of our seminars that may interest you. The kids always love seeing the doctors drop by.
- Mentoring is a very valuable resource in developing future doctors for the 21st century. Your participation in this program will build bridges for underprivileged and underrepresented youth for decades to come.

**Say YES!!** And meet us at the upcoming gala! If you can't attend our gala, begin your mentoring relationship in May 2018.

## IF I BECOME A SATURDAY MORNING PROFESSOR, WHAT DO YOU NEED FROM ME?

Well I'm glad you asked!

### Seminar Facilitator Requirements

We ask that you work with our Seminar Coordinator to provide a 90-120 minute interactive session for our mentees that contributes to our seminar series curriculum. The 2016-17 year, we taught our students how to interact with the patient and how to complete a thorough history. We also introduced early concepts of the physical exam. Each month a physician will typically teach a component of the history using their subspecialty to reinforce the learning objectives. We ask that each facilitator or "Saturday Morning Professor, provide an interactive and hands on experience when possible for the attendees. For example, an orthopedic surgeon might demonstrate casting or show X-rays that demonstrate common fractures. This might all reinforce the learning objective for learning how to take a thorough "history of present illness" following a sports injury. There are 10 Seminars throughout the year. The final sessions will conclude with mock history taking competitions which result in opportunities for our students to apply and showcase what they have learned all year with simulated patient experiences. Learning these skills will help give our students valuable early exposure to the medical field and a significant advantage during their shadowing experiences as medical schools are now requiring in many cases 150 hours of direct patient exposure as a condition for admission. This helps our students become more familiar with the language and culture of medicine which will increase their confidence and performance along the continuum as they progress towards their goal of becoming a physician.

**Say YES!!** And meet us at the upcoming

**PREPARING OUR SUCCESSORS IN MEDICINE ANNUAL STUDENT GALA!**

**TO APPLY AND BECOME A SATURDAY MORNING PROFESSOR:**

**<http://www.iamabel.org/physician-mentor-commitment-form>**