



UNIVERSITY OF
SOUTH DAKOTA
SANFORD SCHOOL OF MEDICINE



UNIVERSITY OF
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SCHOOL OF HEALTH SCIENCES



R.E.A.C.H. Mentorship Program

Rationale: The purpose of the R.E.A.C.H. Mentorship Program is to provide an opportunity for graduate students to cultivate a relationship with a student or group of students in South Dakota HOSA chapters. The program is a collaboration among the following four entities: The University of South Dakota Sanford School of Medicine, A.O.A. Honor Medical Society, the University of South Dakota School of Health Sciences and South Dakota HOSA Future Health Professionals.

The mission of South Dakota HOSA is to nurture and encourage high school students interested in a health care career. This mentorship would be a great opportunity for students to connect with medical students to build confidence in their pursuit.

Who: USD School of Medicine/School of Health Sciences students and South Dakota HOSA chapters/students.

When: Engaged mentor/mentee activities from October to May

How: Hybrid/face-to-face/online

Logistics:

- **Enrollment/Application:** Online applications for mentors and mentees
- **Mentoring style:** Traditional using social media/online platforms/face-to-face
- **Connection type:** 1-to-1, 1-to-group, group-to-group
- **Connection duration:** 1-2 times/month

Example Timeline:

- **October:** Call for applications and 1st engagement activity with mentor/mentee (Topic: get to know each other - background)
- **November:** Topics-Courses and experiences in high school – Prepping for college – Advice on visits – Applying to college
- **December:** Topics: Deciding on a major – College life – Courses required for medical school admission- Tips regarding success at the college level – Applying to medical school – Entrance exams
- **January:** Life as a medical student, PT student, MLS student etc. – Pillar 1 discussions – courses taken – Time spent studying – Managing stress – specialty/sub-specialty options
- **February:** Pillar 2 discussion/logistics – Clinical rotations/Exams etc. –Schedules
- **March:** Pillar 3 discussion/logistics – Residency discussion – Fellowship discussion – Building a resume/CV
- **April:** Mentor/Mentee luncheon and recognition at SD HOSA State Conference (Sioux Falls)
- **May:** Surveys/data collection – Critique