

MENTORSHIP PERCEPTIONS AND PREFERENCES AMONG STUDENTS IN HEALTH PROGRAMMES

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Abstract: *While formal mentorship programmes in medicine are widely regarded as an established means of professional development with benefits to mentees, mentors and institutions, models of mentoring vary widely. This paper utilizes secondary data from a survey on mentorship needs and preferences of students enrolled in the Faculty of Medical Sciences at The University of the West Indies in Trinidad and Tobago. The survey employed a cross-sectional design, using stratified convenience sampling to recruit 1,404 students who completed a self-report questionnaire on their perception of mentoring, past and current experiences with mentoring, preferences for style and type of mentor, and willingness to enrol in a formal mentoring programme. Currently only 15% of students have access to a mentor. Even in this digital era, most students prefer individual face-to-face mentoring and a casual rather than a formal structure. Students in health professions are willing to participate in mentorship programmes and feedback from them can be instrumental in devising and delivering effective and beneficial models.*

Keywords: *Caribbean, medical schools, medical students, mentoring, The University of the West Indies*

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