



Mentorship Program Calendar 2024-2025

CALENDAR OF MENTOR SESSIONS D1, D2, D3, D4 & IDDP | 2024-2025

Welcome to the Profession Dinner: August 15, 2024

D1 | Speed Dating Session : September 26, 2024

D1, D2, D3 & D4 | Fall Session : October 24, 2024

D3 & D4 | Winter Session : January 30, 2025

D1 & D2 | Winter Session : February 6, 2025

D1, D2, D3 & D4 | MDA Convention Lunch : April 12, 2025

D4 | Graduation Dinner : April 24, 2025



MESSAGE FROM THE MDA PRESIDENT

It is with great privilege that I welcome you to the profession of Dentistry! Our profession in this province and nationally is one that I am proud to be part of. I am the President of your Manitoba Dental Association (MDA), and I am pleased to tell you that your association has a strong voice and has had strong leadership. Your association is 141 years old.

As you start this journey you will learn so many great & exciting new things. The University will provide you with an excellent education and base knowledge of our profession. This will be a challenging and, yes, fun time. You will grow as a student, professional and as a person.

At this time, I would like to welcome you to a Manitoba grown program that is the envy of the country. The Mentorship program will be starting soon for you.

This is a program started back in 1991 when the MDA wanted to give University of Manitoba students an opportunity to learn more than just the theory of dentistry. They wanted the students to learn from a dentist in the community. By partnering the students with a Mentoring dentist in the community, students can ask a multitude of questions and learn in a less institutional environment. When it began, the program was just for fourth year students. It later evolved to include third year students and then eventually students from all four years. We found that the students benefitted immensely by having a mentor for all four years. Other provinces have now begun the process of replicating our program, due to its huge success. You will find that your mentors are enthusiastic and knowledgeable, helping you navigate through your years in the College of Dentistry.

This program is intended to help the student in a multitude of ways. You will learn from this program about many aspects of the profession including rural and remote dentistry, high ethical standards, single and group practice experiences and economics of a practice. Most importantly, the level of stress as a student will be mitigated as much as possible as your mentor is here to help and support you!

Hopefully you will develop a career long relationship with your mentor—one that will provide you with the conduit to solve problems, questions and gain experience in this rewarding profession, making you a better dentist and elevating dentistry in our province.

Dr. Daron Baxter
President and Chair of the Board
Manitoba Dental Association



MESSAGE FROM THE DEAN OF THE DR. GERALD NIZNICK COLLEGE OF DENTISTRY

The Manitoba Dental Association (MDA) Mentorship Program is an outstanding example of collaboration between the dental profession and the Dr. Gerald Niznick College of Dentistry. It was crafted to give you, our dental students, the best insights into the profession by partnering you, in the beginning of your first year and throughout your four years at the College, with volunteer dentists from the community. Based on feedback we have received from previous participants, mentors can give you the benefit of their experience and lend you their support and understanding as you navigate the next four years of your education. In addition, we hope that these interactions with your colleagues will give you a comprehensive view of the rewards, challenges, and obligations that we face as oral healthcare professionals.

Through this program and its related activities we also hope that you will gain an appreciation for organized dentistry and, in turn, one day, accept the role of mentor or other service to the profession or the community, yourselves.

We know that this will be an important aspect of your educational experience and to that purpose we would like to encourage you to take full advantage of all the opportunities that present themselves through this program.

The MDA Mentorship Program is unique and is highly regarded throughout Canada. To that end, I would strongly encourage each and every one of you to fully participate. My hope is you will find the experience very fulfilling and that you will get out of it much more than you anticipated.

Dr. Anastasia Kelekis-Cholakis
Dean, Dr. Gerald Niznick College of Dentistry



MESSAGE FROM THE MENTORSHIP PROGRAM CO-CHAIRS

Congratulations on your acceptance into the Dr. Gerald Niznick College of Dentistry!

We acknowledge your dedication, commitment and perseverance into being accepted into one of the finest dental programs the country offers. These life skills will bode well as you continue your journey and life goal of becoming a dentist.

Dentistry is both a challenging and highly rewarding career. Our role in society as dentists is important as we provide an essential health service to the public. The community trusts in our skills and abilities as we practise with a high level of integrity and exemplary ethical standards. By maintaining this trust, we are frequently called upon into various leadership roles in our communities.

There are over 700 dentists in Manitoba and as you start your education, you too have joined this community. The goal of the mentorship program is to connect each dental student with a practising member of the dental profession. Our mentors are carefully chosen and herald from diverse clinical and academic dental backgrounds. Collectively, we believe that you, the students, are the future of our profession and that, by taking part in this program, we endeavor to ensure that the profession of dentistry is strengthened with each graduating class of the Dr. Gerald Niznick College of Dentistry.

The intention of the program is to facilitate your development and transition towards becoming a dentist. The mentor-mentee relationship is intended to be a nurturing process to help expand your knowledge and foster your growth and development. This connection with practising members of our profession will provide you with resources that go beyond the dental school experience and will complement and enhance it.

We strongly encourage you to take full advantage of this engaging program. Please do not hesitate to contact your mentor for advice and guidance over the next four years. They are always ready and willing to assist you.

Should you have any questions regarding the program, kindly contact us via the Manitoba Dental Association office at (204)-988-5300 ext. 3.

We wish you the very best as you embark on this life changing adventure.

Dr. Carolyn Robertson & Dr. Michelle Jay
Co-Chairs MDA Mentorship Program

PROGRAM DESCRIPTION & GOALS

The Manitoba Dental Association (MDA) & University of Manitoba College of Dentistry Dental Student Mentorship Program is designed to provide a continuous four-year relationship between a practicing dentist (mentor) from the community and a dental student (mentee). The program is administered and funded through the MDA, in partnership with the Dean's Office at the College of Dentistry. Program policies, procedures, and programming are determined through a joint committee of the College and the MDA.

The mentor-mentee relationship will be developed through formal structured events (usually one each semester) and informal activities scheduled as appropriate by the mentor-mentee pairs. Formal events may consist of seminars, workshops, continuing education programs, panel discussions, and special programs where all mentors and mentees will come together.

The final formal event, four short years from now, will be the Graduation Dinner where mentors will welcome the new graduates into the profession.

Informal activities can occur at any time and will be arranged through special mentor-mentee pairs as appropriate. The number and type of these activities will only be limited by time availability and the imagination of the mentors and mentees. It is anticipated that these relationships will grow into significant friendships and provide important supplements to the mentee dental education.

Through this program, mentors will support the dental students experience through guidance and advisement.

Mentees will receive exposure to organized dentistry and professional leadership, which will allow them an enhanced understanding of community service and service opportunities. They will also have opportunities for employment or launching of independent practice advice upon the completion of their dental degree.

STUDENT EXPECTATIONS & RESPONSIBILITIES

- Maintain regular contact with mentor
- Honour group and mentor-mentee commitments and participate in all planned events
- Treat mentor with respect
- Interact with mentor and seek advice and feedback if comfortable
- Learn about mentor's practice and community involvements
- Utilize opportunities as they present themselves to gain a better understanding of the profession and organized dentistry
- Clearly identify several developmental areas you would like guidance with from your mentor
- Alert the co-chairs/lead mentor about any problems related to the relationship

MENTOR EXPECTATIONS & RESPONSIBILITIES

- Take the initiative to maintain regular contact with mentees
- Share expectations with mentees
- Use suggestion list provided for additional mentee activities as time permits
- Attend formal College events
- Commit to a lasting relationship with mentees
- Foster learning opportunities and utilize office to reinforce education experience
- Assist in developing professional contact network for mentees
- Honour commitments and confidences
- Provide honest, caring and regular feedback to mentees
- Alert the co-chairs/lead mentor about any problems related to the relationship

SUGGESTED MENTOR-MENTEE ACTIVITIES

- Invite to lunches or dinners
- Invite to professional meetings, workshops or CE events
- Invite to community or sporting events
- Invite to office for observation & practical learning experiences (very important!)
- Work on joint publications or professional projects

THESE ACTIVITIES

- Would be a benefit to all parties
- Would be interesting and stimulating
- Should be arranged in a logical progression from years 1 to 4
- Occurs at least once per semester

QUESTIONS & CONCERNS?

- Ask your student representative of your class.
- Contact the Lead Mentor of your class
- Contact the program co-chairs: Dr. Carolyn Robertson & Dr. Michelle Jay

**Manitoba
Dental
Association**



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