

Steps to Requesting a Peer Mentor

Students who have attended an HPAC "Introduction to Health Professions Workshop" may request a peer mentor by completing a **Peer Mentor Request Form**, available on the HPAC website. You will be matched with a Peer Mentor based on the information you provide. Mentor/mentee matches are made on a weekly basis. Mentees are expected to meet with their mentor twice per quarter and the program lasts for the entire academic year.

Testimonials

- ♦ *"Working with my peer mentor during my freshman year really helped me develop into an independent pre-health student through his dedicated guidance and consistent communication."*

- Niresh, Pre-Medicine

- ♦ *"I had a HPAC peer mentor who is now a P3 student pharmacist and I'm so thankful that she has always been by my side, guiding me through my pharmacy journey for the past 3 years."*

- Jenny, Pre-Pharmacy



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**Peer Mentor
Program
Information**



Ask-A-Peer Mentor

Peer mentors offer the student-perspective on the pre-health journey. Peer mentors are available throughout the week for quick questions and general pre-health information. If you have **basic** questions about health profession requirements or becoming more involved, drop by and talk to a peer mentor in the HPAC Student Resource Room in **Pierce Hall 1105**.

You do not need to be assigned to a peer mentor in order to utilize the Ask-A-Peer-Mentor hours. Updated peer mentor availability is posted at the beginning of each quarter on the HPAC website.

Students who utilize the Ask-A-Peer-Mentor hours are looking to have quick questions answered without the commitment of meeting regularly with a mentor throughout the year.

"Being an HPAC mentee allowed me the opportunity to build such a strong relationship with my mentor. Although my mentor has moved on to medical school, I still keep in contact with my mentor and was able to update them of my progress to this day."

- Vu, Pre-Medicine

Peer Mentor Program

Peer mentors are successful pre-health students enthusiastic about sharing their experiences with you.

The HPAC peer mentor cohort is highly involved in campus organizations, community programs, and research. These students work with you to share information, provide guidance, support, and encouragement to help you become a well-rounded student and competitive applicant to health professions programs.

Mentees and their peer mentors meet in person at least twice a quarter to discuss relevant opportunities, such as service, leadership, research experiences, and suggestions for success in pre-health coursework.

Peer mentors share professional interests in health careers including medicine, pharmacy, dentistry, nursing, public health, optometry, physician assistant, physical therapy, and veterinary medicine.

This program is ideally for students who are first generation, lack exposure to pursuing pre-health careers, or will benefit from the extra support of regularly meeting with a mentor. Because this is a more formal relationship that spans an entire academic year, students requesting a peer mentor should consider if this is the right commitment.

Advisor Information

In addition to receiving support from HPAC peer mentors, the HPAC staff advisors serve as the primary resource for pre-health students. Using a developmental advising model, advisors work with students one-on-one and through workshops to outline the steps to becoming a competitive pre-health applicant.

Through these workshops and on-going advising sessions, advisors assist pre-health students in understanding what professional programs are looking for in a competitive applicant and provide advising on ways to strengthen your profile. HPAC advisors regularly field more difficult questions and issues—such as course requirements, managing stress, extracurricular activities, standardized exam preparation, and provide detailed assistance with applying to professional programs.

Advisors meet with students regularly, lead weekly workshops and present to campus clubs & organizations on a regular basis.

