

May 10, 2017

Dear Mentee:

The Medical Student/General Surgery Resident Travel Scholarship program began at the 2005 Society for Vascular Surgery (SVS) Vascular Annual Meeting (VAM) as a way to recruit both medical students and general surgery residents into vascular surgery. This original program awarded 86 scholarships to medical students and general surgery residents to attend the VAM; since that time, interest remains high, with 188 paid and invited scholarships (264 applicants) awarded in 2016. In 2009, the Welcome Buddy/Mentor program was introduced, where scholarship recipients were paired up with SVS members, to act as a resource to help guide them through the meeting and give them insight into the specialty.

The 2017 program includes a "passport program" where the scholarship recipients attend various sessions of educational programming geared toward medical students and general surgery residents such as the open and endovascular simulation training workshop, surgical skills competition, and the popular residency fair, as well as general sessions for the practicing vascular surgeon.

Between 2005 and 2017, a total of 1,277 travel scholarships have been awarded, 1,461 mentor/matches have been made, and 470 (37%) of the scholarship recipients have already enrolled in or completed a vascular surgery training program. Given these numbers, it is easy to see what an effective recruitment tool both the scholarship and mentor program are for vascular surgery; both of which wouldn't exist without the help of SVS members acting as mentors.

Therefore, on behalf of the SVS Resident & Student Outreach Committee and the SVS Leadership Development & Diversity Committee, we would like to thank you for participating in the Medical Student/General Surgery Resident Travel Scholarship Mentor program at this year's VAM. To help you with your participation in the program, we have attached information on mentorship, suggested readings if you wish to be further informed, and a program schedule. An online evaluation will be emailed to you at the conclusion of the VAM. We encourage you to spend time with your mentee and to attend as much of the program as you can. At the end of the VAM, please be sure to complete the online evaluation so we can continue to improve this program.

Sincerely,

Grace Wang, MD
*SVS Leadership
Development &
Diversity Committee,
Chair*

Audra Duncan, MD
*SVS Resident &
Student Outreach
Committee, Chair*

Emily Kalata
Committee Liaison

MENTEE TOOLKIT

The word mentor was originally inspired by the character Mentor in Homer's Odyssey, though the actual mentor in the story was relatively ineffective, the goddess Athena takes on his appearance and guides young Telemachus, the mentee, in his time of difficulty. Today's definition of a mentor, per Merriam-Webster, is a trusted counselor or guide, and that of a mentee or protégé is one who is protected or trained or whose career is furthered by a person of experience, prominence, or influence.

This relationship is fundamentally beneficiary to the mentee, in the medical community, mentee's have consistently been shown to have higher salaries, more publications, higher academic ranks, and higher career satisfaction. However, the mentor also benefits, as the mentee's success reflecting well on the mentor as well as the personal fulfillment in helping another.

Particularly related to vascular surgery, positive mentorship has been cited as one of the top reasons why both applicants to 0/5 vascular residencies and 5/2 vascular fellowships have chosen vascular surgery as a specialty (Table 1). Furthermore, negative mentors have been cited as one of the top reasons why medical students and general surgery residents are not interested in pursuing vascular surgery as a career (Table 2).

How do you benefit most from your role as the mentee?

As in any other partnership, the success of the relationship is based on equal contributions of partners, the mentee and mentor. Your role, as the mentee, is broken into three dimensions: personal, relational, and professional (Table 3). You should be honest, reliable, and courageous; you should always respect your mentor. You should be proactive; you should initiate meetings, identify your strengths, weaknesses, and career goals, and the purpose of the meeting. As the mentee, you should be able to take appropriate critiques and work to effect change in order to achieve your goals. You should have a true passion to succeed in your career.

What are your expectations from the mentor?

Similarly, the role of mentor is broken into three dimensions: personal, relational, and professional (Table 3). Your mentor should be altruistic, with the best interest of you, the mentee, always on the forefront of the relationship; they should be honest, open, trustworthy, and nonjudgmental. The relationship should be based on developing your strengths and achieving your goals, not the goals of your mentor. Also, given your mentor's seniority, they should offer their knowledge, learned with experience, and their influence, earned over time, to you.

What about the generational divide? Baby Boomers vs. Generation X (and Y)

When working with a mentor, generational differences in attitude need to be accounted for; this is seen best as the differences between baby boomers and generation X (Table 4).

Baby boomers, usually your mentors, were generally born before 1965; as a group, they value hard work and are driven to succeed, they were born into a traditional family structure and look for a similar traditional structure at work, they are loyal to a hierarchy and are goal oriented.

Generation X, usually you, the mentee, were generally born after 1965; as a group, many of you were born into single-family homes and hence are independent and confident, you have seen and rejected your parents "workaholic" lifestyle and want to "work to live" as opposed to "live to work"; you are not impressed by hierarchy and need a clear mission.

It is important for you and your mentor to understand these differences and be accepting of each other's attitudes regarding work/personal life balance, work ethic, and career goals; with the right attitude on both parts, the mentor/mentee relationship should thrive, and possible become long-term.

What about the first meeting?

The first meeting should be relatively informal and casual. Your mentor should get to know you on both a professional and personal level; however, you should remember the ultimate goal of the relationship is for professional advancement. You should review your in-service/board scores, clinical evaluations, and curriculum vitae (CV) with your mentor. You should come to the meeting with a general idea of their own strengths, weaknesses, and goals (Table 5) and look toward your mentor to help you identify action plans for improvement of weaknesses and achievement of career goals.

The expectations of the relationship on both sides, the mentor and mentee, should be made clear at this meeting, as well as, plans for a follow-up meeting and considerations for a long-term relationship.

TABLES

Table 1: Medical student survey of Association of Program Directors in Vascular Surgery: Answers to the statement "Reasons vascular surgery was chosen as a career".

Reason	Important (%)	Unimportant (%)
Technical aspects	97	0
Positive mentors	83	4
Complex decision making	80	9
Endovascular capabilities	88	3
Academic nature	47	20
Job opportunities	56	17
Income	38	26

Adapted from: Calligaro KD, Dougherty MJ, Sidawy AN, Cronenwett JL. Choice of vascular surgery as a specialty: Survey of vascular surgery residents, general surgery chief residents, and medical students at hospitals with vascular surgery training programs. *JVS*. 40(5):978-984, 2004.

Table 2: Medical student survey of Association of Program Directors in Vascular Surgery: Answers to the statement "Reasons peers did not choose vascular surgery as a career".

Reason	Important (%)	Unimportant (%)
Long/stressful operations	82	10
Liked different specialty	34	20
Loss of endovascular cases	49	34
Too much AV access	23	43
Negative Mentors	29	41
Too much debt	22	44

Adapted from: Calligaro KD, Dougherty MJ, Sidawy AN, Cronenwett JL. Choice of vascular surgery as a specialty: Survey of vascular surgery residents, general surgery chief residents, and medical students at hospitals with vascular surgery training programs. *JVS*. 40(5):978-984, 2004.

Table 3: Characteristics of mentors and mentees.

	Personal	Relational	Professional
Mentee	Honest Reliable Courageous	Proactive Willing to learn	Passion to succeed
Mentor	Altruistic Honest Open Trustworthy Active listener Nonjudgmental	Accessible Sincere	Well-respected Knowledgeable Senior

Adapted from: McKenna AM, Staus SE. Charting a professional course: A review of mentorship in medicine. *J Am Coll Radiol.* 8:109-112, 2011.

Table 4: Characteristics of Baby Boomers and Generation X members

<i>Baby Boomer</i>	<i>Generation X</i>
Born before 1965	Born after 1965
Born into traditional family structure	Many live in single-parent home
Teamwork	Independent and confident
Value work, drive to succeed	Reacted to parents "workaholic" lifestyle
"Live to work"	"Work to live"
Goal-oriented	Need to have a clear mission
Not technologically savvy	Technologically savvy
Loyal to hierarchy	Not impressed by hierarchy

Adapted from: Sidawy AN. Presidential address: Generations apart-bridging the generational divide in vascular surgery. *JVS.* 38:1147-53, 2003.

Table 5: Possible Mentee Goals

Academic level	Potential goals
Medical Student	Build relationships Assistance and information about 0/5 vascular residencies Personal statements/Curriculum Vitae Research opportunities Interviewing skills
General Surgery Resident	Build relationships Assistance and information about 5/2 vascular fellowships Personal statements/Curriculum Vitae Research opportunities Interviewing skills
Vascular Surgery Fellows	Build relationships Assistance with career: Academic vs. Private practice Job opportunities Curriculum Vitae Research/Chapter writing opportunities
Junior Faculty	Build relationships Recommendations for academic positions Recommendations for society membership Assistance with advancement in vascular societies Research opportunities/assistance with grant applications

SUGGESTED READING

McKenna AM, Staus SE. Charting a professional course: A review of mentorship in medicine. *J Am Coll Radiol.* 8:109-112, 2011.

Butcher L. Mentorship program designed to advance women in academic surgery. *Bulletin of the ACS.* 94(10):6-9, 2009.

Calligaro KD, Dougherty MJ, Sidawy AN, Cronenwett JL. Choice of vascular surgery as a specialty: Survey of vascular surgery residents, general surgery chief residents, and medical students at hospitals with vascular surgery training programs. *JVS.* 40(5):978-984, 2004.

Sidawy AN. Presidential address: Generations apart – bridging the generational divide in vascular surgery. *JVS* 38:1147-53, 2003.

Rose GL, Rukstalis MR, Schuckit MA. Informal mentoring between faculty and medical students. *Acad Med.* 80(4):344-348, 2005.

Levy BD, Katz JT, Wolf MA, Sillman JS, Handin RI, Dzau VJ. An initiative in mentoring to promote residents and faculty members' careers. *Acad Med.* 79(9):845-850, 2004.

Berk RA, Berg J, Mortimer R, Wlaton-Moss B, Yeo TP. Measuring the effectiveness of faculty mentoring relationships. *Acad Med.* 80(1):66-71, 2005.

Chew LD, Watanabe JM, Buchwalk D, Lessler DS. Junior faculty's perspectives on mentoring. *Acad Med.* 78(6):652, 2003.

Hoover EL. Mentoring surgeons in private and academic practice. *Arch Surg.* 140(6):598-608, 2005.

Palepu A, Friedman RH, Barnett RC, Carr PL, Ash AS, Szalacha L, et al. Junior faculty members mentoring relationships and their professional development in U.S. medical schools. *Acad Med.* 73(3):318-323, 1998.

Souba WW. Mentoring young academic surgeons, our most precious asset. *J Surg Res.* 82(2):113-120, 1999.



2017 SVS Fellow/General Surgery Resident/Medical Student Educational Program

All sessions/events take place in the San Diego Convention Center unless otherwise noted.

Learning Objective:

The overarching goal of the program is to allow residents and students to explore their interest in vascular surgery. The program provides an excellent opportunity for learners of all levels (first year medical students to senior level surgical residents to vascular surgery trainees) to meet other learners with similar interests and importantly provides students and residents with the opportunity to meet members and leaders of the vascular surgical community.

Wednesday, May 31

8:00 am – 4:00 pm

Room 6F

Vascular and Endovascular Surgery Society Paper Session

All residents and students are invited to attend the Vascular and Endovascular Surgery Society's (VESS) paper session, which focuses on abstracts from young surgeons and trainees at all levels.

2:00 pm – 6:00 pm

Exhibit Hall A

General Surgery Resident/Medical Student Scholarship Program

Open and Endovascular Simulation Training*

The objective of the Resident and Student Simulation Training Program is to provide novice learners with an opportunity to learn how to perform basic vascular procedures. The program offers multiple simulation stations with varying simulations of vascular procedures including performance of a vascular anastomosis on an arterial model (medical students), performance of an open abdominal aortic aneurysm repair (surgical residents), and performance of an EVAR or TEVAR in a safe and stress free environment. Attendees also will be able to participate in stations involving basic knot tying, instrument handling, needle accuracy/placement, and suture placement and closure skills. As an added bonus, participants will be able to compete in mini Vascular Surgery Skills Competition (results to be announced at Friday's Residency Fair).

(Please note this event is open only to the scholarship recipients of the Vascular Annual Meeting Travel and Diversity Medical Student Scholarship Programs.)

6:45 pm – 7:45 pm

Marina Ballroom D in the Marriott Marquis

General Surgery Resident/Medical Student Program Welcome Reception:

Sponsored by the SVS Young Surgeons Committee and the VESS*

All residents and students are invited to attend the Welcome Reception to network with program directors, mentors, vascular surgery trainees, young surgeons, VESS leadership, and more.

Thursday, June 1

6:30 am – 8:00am

Room 4

General Surgery Resident Program Breakfast*

Moderators:

Elias Kfoury, MD, *Cheyenne Regional Medical Center*, Cheyenne, WY

Adriana Laser, MD, *The Vascular Group*, Albany, NY

6:30 am

Introduction

6:35 am

SVS Leadership Welcome

Ronald M. Fairman, MD, *Hospital of the University of Pennsylvania*, Philadelphia, PA

6:40 am

Navigating Other Learners – Getting the Most Out of Fellowship

Vincent L Rowe, MD, *Keck Medical Center of USC*, Los Angeles, CA

6:46 am

How to Interview and Prepare Fellowship Applications: Program Director Perspective

Venita Chandra, MD, *Stanford University Medical Center*, Stanford, CA

6:52 am

How to Interview and Prepare Fellowship Applications: Resident Perspective

Derek de Grijjs, MD, *Huntington Hospital*, Pasadena, CA

6:58 am

How to Succeed as a Fellow

Max Wohlauser, MD, *Froedtert and the Medical College of Wisconsin*, Milwaukee, WI

7:04 am

Panel Discussion with Program Directors

Venita Chandra, MD, *Stanford University Medical Center*, Mountain View, CA

Sharif Ellozy, MD, *New York Presbyterian Hospital*, New York, NY

Gregory C Kasper, MD, *Jobst Vascular Institute*, Toledo, OH

Vincent L Rowe, MD, *Keck Medical Center of USC*, Los Angeles, CA

Matthew R Smeds, MD, *University of Arkansas for Medical Sciences*, Little Rock, AK

Jean E Starr, MD, *Froedtert and the Medical College of Wisconsin*, Milwaukee, WI

7:24 am

Panel Discussion with Vascular Surgery Trainees

Derek de Grijjs, MD, *Huntington Hospital*, Pasadena, CA

Michael J Osgood, MD, *Johns Hopkins Hospital*, Baltimore, MD

Yifei Sun, MD, *University of Minnesota*, Minneapolis, MD

Arthelma Cheneé Tyson, MD, *Hofstra Northwell School of Medicine at Staten Island University Hospital*, Staten Island, NY

William Yoon, MD, *Loyola University Medical Center*, Maywood, IL

Clay Wiske, MD, *New York University Medical Center*, New York, NY

Text your questions for the panel discussion:

First text **'Resident1'** to 22-333 to connect with our messaging service. Then text your question. Be sure to text **'LEAVE'** at the conclusion of the session to participate in other sessions. Please note: Not all questions will be selected by the moderators for response or display on the monitors.

6:30 am – 8:00 am

Room 2

Medical Student (MS1/MS2) Program Breakfast*

Moderators:

Audra A Duncan, MD, *Western University*, London, ON

Joseph P Hart, MD, *Eastern Maine Medical Center*, Bangor, ME

6:30 am

Introduction

6:35 am

SVS Leadership Welcome

R. Clement Darling, MD, *The Vascular Group*, Albany, NY

6:40 am

Vascular Surgery 101

David A Rigberg, MD, *UCLA Medical Center Program*, Los Angeles, CA

6:46 am

How Vascular Surgery Programs Differ from Integrated IR and Cardiology Programs

Raghu Motaganahalli, MD, *Indiana University School of Medicine*, Indianapolis, IN

6:52 am

Setting Yourself Up in MS1/2 for Your Vascular Surgery Future: Program Director Perspective

Niten Singh, MD, *University of Washington*, Seattle, WA

6:58 am

Setting Yourself Up in MS1/2 for Your Vascular Surgery Future: Trainee Perspective

Tahlia Weis, MD, *Medical University of South Carolina*, Charleston, SC

7:04 am

How to Start a VSIG

Michael Amendola, MD, *VCU School of Medicine*, Richmond, VA

7:10 am

Panel Discussion with Program Directors

Bernadette Aulivola, MD, *Loyola University Medical Center*, Maywood, IL

Joseph Lombardi, MD, *Cooper University Hospital Program*, Camden, NJ

Raghu Motaganahalli, MD, *Indiana University School of Medicine*, Indianapolis, IN

David A Rigberg, MD, *UCLA Medical Center Program*, Los Angeles, CA

Niten Singh, MD, *University of Washington*, Seattle, WA

7:30 am

Panel Discussion with Vascular Surgery Trainees

Caitlin Hicks, MD, *Johns Hopkins Hospital*, Baltimore, MD

Alykhan Lalani, MD, *Louisiana State University*, New Orleans, LA

Graeme McFarland, MD, *Stanford University Medical Center*, Stanford, CA

Grayson Pitcher, MD, *Mayo Clinic College of Medicine and Science*, Rochester, MN

Hunter Ray, MD, *University of Texas Health Science Center at Houston*, Houston, TX

Kelli Summers, *Stony Brook University Medical Center*, Stony Brook, NY

Tahlia Weis, MD, *Medical University of South Carolina Program*, Charleston, SC

Text your questions for the panel discussion:

First text 'Student1' to 22-333 to connect with our messaging service. Then text your question. Be sure to text 'LEAVE' at the conclusion of the session to participate in other sessions. Please note: Not all questions will be selected by the moderators for response or display on the monitors.

6:30 am – 8:00 am

Room 1

Medical Student (MS3/MS4) Program Breakfast*

George L Hines, MD *Winthrop University Hospital, Mineola, NY*

Katherine McMackin, MD, *Cooper University Hospital Program, Camden, NJ*

6:30 am

Introduction

6:35 am

SVS Leadership Welcome

Michel S Makaroun, MD, *University of Pittsburgh Medical Center, Pittsburgh, PA*

6:40 am

Vascular Surgery 102

Matthew J Eagleton, MD, *Cleveland Clinic Foundation, Cleveland, OH*

6:46 am

How Vascular Surgery Programs Differ from Integrated IR and Cardiology Programs

Malachi G Sheahan, III, MD, *Louisiana State University, New Orleans, LA*

6:52 am

Tips on Sub-Internships, Interviews, and the Match Process: Program Director Perspective

Jason T Lee, MD, *Stanford University Medical Center, Stanford, CA*

6:58 am

Tips on Sub-Internships, Interviews, and the Match Process: Trainee Perspective

Mimmie Kwong, MD, *UC Davis School of Medicine, Sacramento, CA*

7:04 am

Panel Discussion with Program Directors

Faisal Aziz, MD, *Penn State Hershey College of Medicine, Hershey, PA*

Matthew J Eagleton, MD, *Cleveland Clinic Foundation, Cleveland, OH*

Angela A Kokkosis, MD *Stony Brook University Medical Center, Stony Brook, NY*

Jason T Lee, MD, *Stanford University Medical Center, Stanford, CA*

Benjamin J Pearce, MD, *University of Alabama Medical Center, Birmingham, AL*

Malachi G Sheahan, III, MD, *Louisiana State University, New Orleans, LA*

7:24 am

Panel Discussion with Vascular Surgery Trainees

Micah Girotti, MD, *McGaw Medical Center of Northwestern University, Chicago, IL*

Nathan Itoga, MD, *Stanford University, Stanford, CA*

Christine Jokisch-Zemina, *USF Morsani College of Medicine, Tampa, FL*

Dejah Judelson, MD, *University of Massachusetts Medical Center, Worcester, MA*

Mimmie Kwong, MD, *UC Davis School of Medicine, Sacramento, CA*

Katherine McMackin, MD, *Cooper University Hospital Program, Camden, NJ*

Text your questions for the panel discussion:

First text **'Student2'** to 22-333 to connect with our messaging service. Then text your question. Be sure to text **'LEAVE'** at the conclusion of the session to participate in other sessions. Please note: Not all questions will be selected by the moderators for response or display on the monitors.

Noon – 1:30 pm

Exhibit Hall B1/B2

Visit the Exhibits/Box Lunch*

Students and residents are provided dedicated time to visit exhibitors and participate in Vascular Live activities.

Noon – 1:30 pm

(invitation only)

Diversity Medical Student Scholarship Luncheon*

Recipients of the Diversity Medical Student Scholarship will network with the SVS Leadership Development Committee and other minority vascular surgeon leaders. *(Please note this event is open only to the scholarship recipients of the Diversity Medical Student Scholarship Program.)*

7:00 pm – 8:00 pm

Santa Rosa in the Marriott Marquis

Networking Reception for Women, Diversity, and Young Surgeons*

All residents and students are invited to attend the Networking Reception hosted by the SVS Leadership Development and Diversity Committee.

Friday, June 2

6:30 am – 8:00 am

(invitation only; pre-registration required)

General Surgery Resident/Medical Student Program — Mock Interviews Practice Session*

General surgery residents and medical students will have the opportunity to practice for their residency and fellowship interviews at this session. Please note pre-registration is required for this event.

12:15 pm – 1:30 pm

Room 6C

Vascular Surgery Trainee Luncheon: Sponsored by the Young Surgeons Committee and VESS*

Moderators:

Andy Lee, MD, *Stanford University Medical Center, Stanford, CA*

Mark A Mattos, MD, *Michigan State University Program, Flint, MI*

Peter R Nelson, MD, *University of South Florida, Tampa, FL*

Finding Jobs and Mentors

12:15 pm

Finding a Cadre of Mentors/How to Be a Good Mentee

Julie Ann Freischlag, MD, *Wake Forest Baptist Medical Center, Winston-Salem, NC*

12:23 pm

How to Find a Job

Benjamin W Starnes, MD, *University of Washington, Seattle, WA*

“A Day in the Life” from Recent Graduates

12:31 pm

“A Day in the Life” from Recent Graduates: 5+2 Graduate

Elias Kfoury, MD, *Cheyenne Regional Medical Center, Cheyenne, WY*

12:41 pm

“A Day in the Life” from Recent Graduates: 0+5 Graduate

Brigitte K Smith, MD, *University of Utah, Salt Lake City, UT*

12:51 pm

Panel Discussion

Text your questions for the panel discussion:

First text ‘Train’ to 22-333 to connect with our messaging service. Then text your question. Be sure to text ‘LEAVE’ at the conclusion of the session to participate in other sessions. Please note: Not all questions will be selected by the moderators for response or display on the monitors.

12:15 pm – 1:30 pm

Exhibit Hall B1/B2

Visit the Exhibits/Box Lunch*

Students and residents are provided dedicated time to visit exhibitors and participate in Vascular Live activities.

5:00 pm – 6:30 pm

Exhibit Hall A

General Surgery Resident/Medical Student Program — Residency Fair*

The fair will feature more than 70 vascular surgery programs, as well as provide an opportunity for residents and students to network with program directors, faculty, and current trainees.

**Program is not accredited for CME credit.*

Schedule is subject to change. As of: 4/28/2017