



Tennessee Occupational Therapy Association

**TNOTA Occupational Therapy
Mentorship Program:
*Fifth Cycle Meet & Greet***



TNOTA Mentorship Committee

Friendly Reminders

- ★ This session **will be recorded**.
- ★ Please be mindful of your **microphone and webcam**.
- ★ **Ask questions at any time in the session.**



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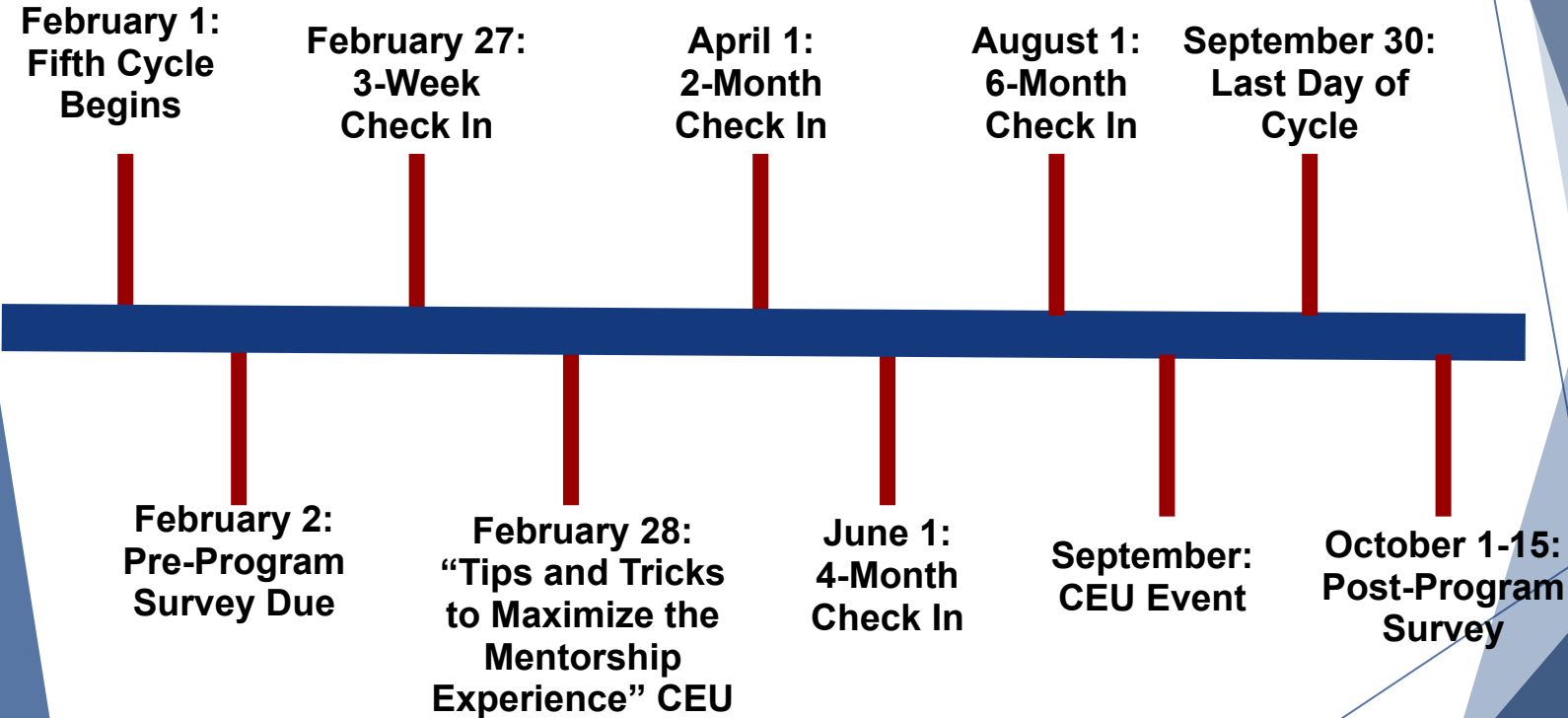
Program Overview

- ★ **OTs** must have an **active Tennessee license**.
- ★ **Students** must be currently in their ***second year*** of an OT/OTA program in Tennessee.
- ★ **Mentees** may be students or practitioners and **paired with experienced OTs** for mentorship.
- ★ **Pairings** were based on # of mentors and mentees, area of interest/expertise, practice area, location and personal & professional characteristics.
- ★ **You do not have to be a member of TNOTA.**

Program Overview Continued

- ★ By applying for this program, you agree to meet virtually, via phone call, or in-person **at least once per month**.
- ★ At the end of this program, you can continue your mentorship pairing or request a new pairing (*you will have an opportunity to communicate your preference*).
- ★ ALL mentors and mentees **must** re-apply for the following program cycle to participate in the next Mentorship cycle.
- ★ TNOTA offers **2 FREE CEU events** to TNOTA members (*paid CEU for non-members*). The first one will be held on **February 28th from 6:30-7:30 pm CST.**

Program Timeline—8 months total



Program Reminders

- ★ **Fifth Cycle Dates: February 1st - September 30th, 2024**
- ★ **Mentees** should make contact with mentors this week, if you have not done so already.
- ★ Complete the **REQUIRED pre-program survey prior to February 8, 2024.**
- ★ Complete the **REQUIRED post-program survey** at the end of the 8 months **by October 15, 2024.** *When you complete both surveys, you will be entered into a drawing to win an Amazon gift card!*
- ★ The survey data will be used to further the success of the TNOTA Occupational Therapy Mentorship Program.

Program Guidelines

- ★ Create objectives and goals together.
- ★ Determine your best method of communication and meet either virtually, via phone call, or in-person at least once per month.
 - ***Pro Tip: Send calendar invites with meeting dates and times.***
- ★ Utilize the available resources on the [TNOTA website](#) to guide your meetings

Project Component *(Optional)*

This is an opportunity to **grow professionally, focus time together, and create a tangible product** as a result of the mentorship experience.

Examples of projects are:

1. **Creating resources for TNOTA Website *(please note, final website content is subject to TNOTA Executive Board approval)***
2. **Build resume (student/new grad)**
3. **Develop resources for first year OT, first job,etc. (student/new grad)**
4. **Resources for student to practitioner or COTA to OTR**
5. **Resources for being professional and respectful across all disciplines**

If you would like to submit your completed project, you can do so on the post-program survey.

Benefits to Completion

- ★ **ALL** participants are eligible to receive a Certificate of Completion from TNOTA.
- ★ As a student, this can be added to your portfolio and/or your Curriculum Vitae (CV).
- ★ As a clinician, you can submit this for continuing education credit.
- ★ You may request a Certificate of Completion on the Post-Program Survey.

Reviews from Past Mentees

“The openness and honesty of my mentor. She was available at all times to help with any problem I had regarding school or the OT journey and made me feel very competent after we met.”

“I honestly feel like the program increased my professionalism. My mentor really helped me understand my value to the OT profession.”

“Being able to connect and have a source for guidance of someone who has been in my shoes and helped me through some conflicts in fieldwork.”

Reviews from Past Mentors

“It was very enjoyable to connect with OT and COTA students to get an understanding of the program they are enrolled in. I think we had valuable conversations that provided the mentee insight into the “real life” therapy world.”

“I enjoyed being able to mentor OTs and COTAs and mentoring them from the end of their schooling to the start of their career.”

“Love giving back in a meaningful way that also works with my busy schedule.”

Q&A

Thank you!

If you have any questions or concerns during the mentorship program cycle, please email mentorship@tnota.org.

