**“Are You My Mentor?” A Panel Discussion Featuring an All-Star Cast of AAHPM and HPNA Mentors and Mentees (TH319)**

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Arif Kamal, MD, Duke Cancer Institute, Durham, NC  
Laura Gelfman, MD, Mount Sinai Hospital, New York, NY  
Polly Mazanec, PhD ACNP-BC FPCN, Cleveland Veterans Affairs Medical Center, Cleveland, OH  
R. Sean Morrison, MD FAAHPM, Icahn School of Medicine at Mount Sinai, New York, NY  
Betty Ferrell, PhD RN MA FAAN FPCN CHPN, City of Hope Medical Center, Duarte, CA  
Joann N. Bodurtha, MD MPH FAAP FACMG, Johns Hopkins University, Baltimore, MD  
Amy Abernethy, MD FAAHPM, Duke University Medical Center, Durham, NC  
Thomas J. Smith, MD FAAHPM, Johns Hopkins Hospital, Baltimore, MD

**Objectives**

- Discuss the characteristics of a good (or perhaps well-intentioned but not so good) mentor and mentee.
- Identify potential mentors (and mentees) in your home environment and acquire skills beneficial in initiating and sustaining a mentor-mentee relationship.
- Discuss how mentoring enables one to better achieve academic, research, and personal goals.

Mentoring is paramount for a successful career in research and academia. Indeed, mentored individuals publish more and with greater frequency, demonstrate higher job satisfaction, and are more likely to mature into independent investigators. Moreover, successful mentors often shape successful mentees; a 1977 study showed that more than 50% of US Nobel Prize recipients had Nobel laureates for mentors. But what are the components of “good” mentoring and the characteristics of a “good” mentor for a research and academic medicine career? When you are looking for a mentor or a mentee, what questions should you be asking and how should you go about the process? Are there circumstances to avoid or embrace?

The initial speaker, Joann Bodurtha, will present evidence-based, expert-reviewed, and/or anecdotal data on what mentoring is, what makes for good (and bad) mentoring relationships, and how to approach finding a mentor. Also, as in good marriages, every good mentor-mentee relationship is successful in a unique way, and much can be learned from candid and honest discussion from exemplary mentor-mentee teams. Consequently, the bulk of the session will comprise a panel discussion with three all-star HPNA and AAHPM mentors—Amy Abernethy, Betty Ferrell, and R. Sean Morrison—paired with their mentees—Arif Kamal, Polly Mazanec, and Laura Gelfman. The panel members will each give a brief history of how their relationship started and evolved. Audience participation and questions will be an important part of the session. Demonstrating the importance of collaboration, the session will be moderated by the mentor-mentee pair of Thomas Smith and Rebecca Aslakson.