Find Professional Guidance Through AAN Mentor Connect

AAN Mentor Connect is designed to help bring together younger neurologists who are seeking advice as they navigate career transitions and more experienced neurologists who are willing to provide guidance.

Members who are interested in participating can go to careers.aan.com/ementor, where they can apply to be a mentor or mentee, or search for a mentor. They will receive an email when someone is a possible match and they can view that person’s record to determine if it is a good fit. If it is, the two parties discuss the needs of the mentee, frequency of contact, length of the mentoring relationship, etc.

For Nesanet Mitiku, MD, the first mentee participant in the program, guidance from a mentor can help clarify professional transitions. “There are many paths a career can take. Early on it is hard to truly know all of your options, whether a particular direction is right for you, and how to get where you’d like to be even when the goal is clear. A mentor can shed light on your choices, challenge you to understand yourself more fully, use his or her past experiences as a foundation for advice, and help you make important connections.”

Mentors also gain something from their relationships with younger professionals. “I signed up for the mentorship program based on my experience with mentoring at Yale Medical School,” said Jonathan Goldstein, MD, FAAN. “I have had a number of mentoring relationships in the last 5-10 years and it is very satisfying to see neurologists in training blossom and find their career directions. I mentor at the college, medical student, neurology resident and fellowship levels and each stage is fascinating. There is so much talent out there but direction is often lacking. Many of my mentees just need someone who has been there before to bounce ideas off and to talk to as they progress along their training.”