



Mentorship To Become a Respiratory Therapy Educator

Seeking a mentor is a strategic step in professional development. A mentor provides guidance, knowledge, and support, and can be instrumental in helping one navigate the complexities of a career path.



WHY SEEK A MENTOR

- **Accelerated Learning:** Gain insights from their experiences to advance your learning.
- **Networking Opportunities:** Access their professional network, which can open doors to new opportunities.
- **Personalized Advice:** Receive individual guidance that addresses your specific challenges and goals.
- **Support and Encouragement:** Benefit from their support, especially when facing setbacks or making important decisions.



HOW TO LOOK FOR A MENTOR

- **Identify Your Goals:** Clarify what you want to achieve in your career and what skills you need to develop.
- **Network:** Attend industry events, join professional associations, and participate in online forums to meet potential mentors. The respiratory therapy profession has resources, such as AARC Education Section (become a member and engage with the community), AARC Meetings, such as Summer Forum and Congress, American College of Respiratory Care Education, and other education organizations.
- **Research:** Look for professionals who have the career trajectory or expertise you aspire to learn from.
- **Ask Your Network:** Reach out to colleagues, professors, or family members for recommendations.



WHO TO CHOOSE AS A MENTOR

- **Experience and Expertise:** Choose someone who has a proven track record in respiratory therapy education.
- **Alignment with Goals:** Ensure their experience aligns with your career goals.
- **Reputation:** Consider their professional reputation and the quality of their relationships.



WHAT TO LOOK FOR IN A MENTOR

- **Willingness to Share:** A good mentor is open and willing to share their knowledge and experiences.
- **Communication Skills:** They should be able to communicate ideas and feedback effectively.
- **Respectful and Supportive:** Look for someone who treats you and others with respect and is genuinely interested in your professional growth.
- **Availability:** They should have the time to invest in the mentoring relationship.



EXPECTATIONS OF A MENTEE

- Communicate expectations
- Open to feedback; active listeners
- Pay attention to timelines
- Drive the relationship
- Prepared for meetings
- Initiate suggestions or actions from mentor

A mentor can be supportive for professional success. By carefully selecting a mentor who aligns with your aspirations and possesses the qualities of a strong supporter mentoring relationship that propels your career forward. Remember, the right mentor not only imparts wisdom but also inspires you to reach your full potential.



RESPIRATORY CARE MENTORSHIP RESOURCES

- AARC Education Section
- AARC Meetings (Summer Forum, Congress, etc.)
- American College of Respiratory Therapy Education (ACRTE)
- American Respiratory Care Foundation (ARCF)
- Other Education Organizations
- Alumni Groups
- State Society
- Articles, such as: Gresham-Anderson, J.L., 2015. The transitional experience of therapist to educator. *Respiratory Care Education Annual*, 24(1), pp.28-36
- Books, such as: Bonnie Hammer: [15 Lies Women Are Told at Work: ...And the Truth We Need to Succeed](#)