

POST-EXAM SUPPORT & WELLNESS

If you are having academic challenges or going through the remediation process, **please know you are not alone!** Find a few tips from upperclassmen here: <https://mizzoum1goto.com/remediation/>

The **Post-Exam Support Mentoring Program** at Mizzou Med was created out of a need to debunk myths regarding unsatisfactory grades, destigmatize the remediation process, and reduce feelings of isolation within our community. By connecting students with upperclassmen who've experienced similar academic obstacles, we hope to improve resilience and encourage academic confidence during an overwhelming time. Our long-term goals are to develop a more formal system and hopefully reach every student who feels defeated or abandoned by "the process".

If you receive unsatisfactory results or are experiencing difficulties with block transitions, you can request a mentor in the following ways:

1. During the post-block exam meeting with a Dean
 2. Contact Dr. Laine Young-Walker (youngwalkerL@health.missouri.edu) or Dr. Kevin Kane (kanek@health.missouri.edu)
 3. Contact Sophia Greer, M3 (sgm97@health.missouri.edu). **All information remains confidential!**
 4. Sign-up on [student portfolio](#) (Tools -> Peer Support). This is **completely anonymous (we do not see name or email)** and only you and the mentor receive an email with contact information.
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Are you an M2-M4 who is interested in being a point of contact or mentor for students?

Please fill out this form: <https://forms.gle/RNzB4RyNJXQkkF2k6> OR sign up on student portfolio (Tools → Peer Support)

What am I expected to do as a mentor?

1. Reach out to your mentee in a timely fashion
2. Be willing to meet in person
3. Be open to sharing your story and any academic strategies, personal anecdotes, or self-care techniques that have augmented your learning process. NO tutoring is expected!
4. Respect the confidentiality and privacy of your mentee

Who has access to the post-exam mentor form and the information I have shared?

- **All information will remain confidential.** Under NO circumstances will your name or information be shared other than with Sophia Greer, Dr. Young-Walker, and the student you are paired with.

I want to sign up and a mentor, but I am uncomfortable with my peers on the H+W team knowing about prior unsatisfactory records. Can I still volunteer?

- YES. You can contact a Dean directly and they will keep your information on a private list.

I have not received unsatisfactory grades, experienced remediation, or taken a Leave of Absence (LOA). Can I still sign up to mentor?

- Absolutely! However, please keep in mind that most students specifically request to be paired with mentors that have similar academic experiences.
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Looking for advice on stress management, wellness resources, academic planning tips, or just someone to talk to? Contact Dr. Bagby Stone to set up a meeting (bagbystones@health.missouri.edu)