A NATIONAL STUDENT-LED PLATFORM FOR INTERNATIONAL PRE-HEALTH STUDENTS: MENTEE FEEDBACK FROM A YEAR IN REVIEW

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Background

- International pre-health students face unique challenges in the US and have limited availability of mentorship and resources.
- F1Doctors is the first national, student-led peer mentorship platform created with the goals of providing personalized mentorship and community for international pre-health students.
- The Platform has 140 mentors from over 30 countries providing free guidance on applying to US health professional programs.


Methods

- The purpose of the study is to analyze mentee feedback following a year of the platform’s existence.
- Open response survey asking “Best Part of Their Experience” and “Areas to Work On.”
- Survey distributed through mailing lists and social media.
- Responses were de-identified, and a thematic analysis of each response was performed by two independent reviewers.

This methodology was selected to alleviate any response biases due to language limitations and/or differences in cultural interpretations of pre-written statements.

Results and Conclusions

F1Doctors is a useful and well-received platform for providing personalized, relatable mentorship for international students pursuing graduate health programs.

- 73% Sought out mentors for M.D. applications
- 27% Sought out mentors for M.D./PhD, D.O., residency and dentistry applications
- 57% of mentees felt there were no areas for improvement, and the rest suggested resource topics for the website and a need for ensuring a timely response from mentors.