

Mentor Programme
Faculty of Medicine, University of Jaffna

Guideline for Mentees

Each student is assigned to a mentor on entering the Faculty of Medicine.

You are encouraged to initiate communication with your mentor as early as possible. If you are unable to contact your mentor, please email or contact the Mentor Programme team (fommentoring@univ.jfn.ac.lk) who will help you with this process.

Please inform your mentor if you are experiencing any difficulties with regards to English language, finances, academics, adapting to university life, health or any other matters. They will direct you to the available support.

You should communicate and initiate meetings with your mentor regularly, preferably **once a term in your first year**. You must meet your mentor to discuss your progress with personal and professional development activities at least once every six months. More information regarding the Personal and Professional Development Stream (PPDS) will be provided during the introductory programme. You can access detailed information regarding the Mentor Programme and PPDS on the faculty website.

Your in-course and examination marks will be conveyed to your mentor by the Dean's Office to ensure you receive the academic support you need; please communicate with your mentor if you feel anxious or distressed about examinations.

If a mentor goes out of Jaffna for an extended period, another mentor will be assigned to provide mentorship during the period of absence.

If you experience a problem in the mentor-mentee relationship, inform the Mentor Programme Coordinator (fommentoring@univ.jfn.ac.lk).

NOTE: This faculty maintains a policy of zero tolerance to ragging and other forms of harassment and violence. If you experience any form of harassment or violence, you should immediately report the incident to your mentor, any teacher at the Faculty, or the Dean. They will maintain confidentiality and take the necessary action.