

ONE OF OUR MENTEE EXPERIENCES

A conversation about growth, collaboration and lasting mentorship

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Thank you, ESAIC Mentorship programme, for introducing me to the most qualified friend I have ever had!”***

Mentee 2024-2026 - Beyza Büyükgebiz Yeşil

01 What were your main expectations or objectives when you joined the programme?

When I joined the programme, my main objectives were to receive academic guidance, improve my research skills, become involved in developing and publishing scientific projects, and build an international academic network. I also hoped to learn from the experience of a senior colleague and gain a broader perspective on research

02 Did your objectives change during the programme?

Yes. I improved my research skills, became involved in important papers, and started new studies. Peter has also continued to open new doors for me, which have gone beyond my initial expectations.

03 What was the most valuable aspect of your mentorship experience?

The most valuable aspect was the development of a genuine and lasting relationship with Peter. Our share was not limited to general career advice; it resulted in research projects, publications, and new study ideas. Having an experienced and lovely mentor like Peter with whom I could openly discuss and get feedback on research questions, methodology, manuscripts, and future projects was particularly valuable

04 What skills, knowledge, confidence, or opportunities did you gain through the programme?

The most valuable skills I gained from the MP were definitely manuscript reviewing and developing research questions. In terms of knowledge, Peter’s expertise in POCUS made me dive into the topic, and I have since started applying routine POCUS screening in selected surgeries at my institution.

For confidence, I now feel much more comfortable interacting with experts, as my research knowledge and experience have expanded. I also had the opportunity to meet other experts through Peter, collaborate with them, and publish together. It was one of the best opportunities of my professional life.

05 What were the main challenges you experienced during the programme?

The main challenge was scheduling time, but this was understandable, as Peter is a very

busy academic and music patron, and I work around 60 hours a week.

06 How did you and your mentorship partner address these challenges?

We used texting and kept our meetings flexible according to our schedules.

07 How would you describe the communication and collaboration within your mentorship pair?

At first, it was formal, mainly focused on expectations and planning. But over time we developed a true mentor-mentee bond. Peter is always open, collaborative, and warm. We haven't stopped communicating and will meet soon at a POCUS workshop and catch up.

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Thank you ESAIC mentorship programme for introducing me to the most qualified friend I have ever had!

08 Advice would you give to future Mentors/Mentees

I would advise new mentees to be proactive and keen to learn. You may have specific goals related to your favourite topics but the expert in front of you is highly qualified for their own field. This means you can learn so much if you do not become too fixated on your own area of expertise. Be open to the new opportunities they may offer you.

For mentors, I would advise breaking the ice early and trying to build a friendly relationship first. You may be mentoring someone who is still very new to academia, and one of the best things you can give them is the confidence to communicate more openly.

I would also encourage both mentors and mentees not to view the programme as a fixed number of scheduled meetings. A successful mentorship can develop into a long-term professional relationship and collaboration if both sides remain engaged.

09 Final Comments

I would also add that two years is not necessarily a long time when it comes to developing, conducting, and writing a clinical field study. For this reason, I believe that some of the most meaningful outcomes of a mentorship programme may only become visible after the formal programme has ended. I would not be surprised if the number of papers resulting from these mentorships is actually higher in the years following the programme.