

MENTORING BOOKLET

International Mentoring Program

2026 – 2027



HI THERE!

The aim of this booklet is to serve as a comprehensive guide for mentors participating in the International Students Mentoring Program, emphasizing mentorship best practices, academic support strategies, and resources available to facilitate student success at Semmelweis University's Medicine Faculty.

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INTRODUCTION OF THE PROGRAM

The International Students Mentoring Program at Semmelweis University's Medicine Faculty aims to provide comprehensive support and guidance to incoming students, particularly international students, throughout their academic journey. By fostering mentor-mentee relationships, the program seeks to enhance student success and facilitate a smooth transition into university life.

Prospective mentors must be third-year students or above and undergo an application process, including submission of a motivational letter and CV, followed by an interview. Successful completion of program requirements earns mentors 2 credits per semester. Application through our website, email, or through the application form. Registration through Neptun.

PROGRAM REGULATIONS AND REQUIREMENTS:

https://semmelweis.hu/magtud/en/education/elective-courses/
https://semmelweis.hu/mentorprogram/en/

Mentors are expected to adhere to program regulations, including maintaining regular contact with mentees, updating logbooks, attending supervision sessions, and upholding professional boundaries. Non-compliance may result in consequences such as loss of credit points.

- **Regular Contact with Mentees**: Maintain consistent communication with mentees through weekly online interactions and at least two in-person meetings per semester.
- **Logbook Updates**: Keep detailed records of mentor-mentee interactions and submit logbooks by specified deadlines each semester.
- **Attendance at Supervision Sessions**: Attend scheduled supervision sessions to share experiences, seek guidance, and contribute to discussions.
- **Professional Boundaries**: Maintain professional boundaries and prioritize mentoring responsibilities over personal relationships.
- **Consequences for Non-Compliance**: Failure to fulfill program requirements may result in the loss of credit points and program eligibility.



WORKSHOPS, LECTURES AND SUPERVISION SESSIONS

Participation in **workshops** and **supervision sessions** is essential for mentor skill development and staying updated on mentorship techniques. Supervision sessions provide opportunities for mentor feedback and growth. Besides the obligatory sessions, we organize elective sessions and activities to help the mentors with their work and their personal development.

SUPERVISION

(week in semester)

- **Fall Semester**: 1: Week 11-13; 2: (January 18- February 5)
- **Spring Semester**: week 13-16

WORKSHOP

(week in semester)

- **Fall Semester:**
  - Competency Workshop for new members (week 3-5)
  - Psychological Support (week 6-8)
- **Spring Semester:**
  - Week 6-11
  - Intercultural seminar week 12 (7th May)

LECTURE

(week in semester)

- **Fall Semester:**
  - Opening Ceremony session (16 September 18.00-20.00)
  - Psychological support and alarm signs (7 October 18.00 on Zoom)
- **Spring Semester:**
  - Additional programs will be announced during the year.

LOGBOOK GUIDELINES AND DEADLINES

Mentors are required to maintain detailed logbooks documenting mentor-mentee interactions and activities. Logbooks must be submitted by specified deadlines each semester to track progress and ensure accountability. You have to use a given template and submit it via Moodle.

Deadlines Fall Semester:

- 1st logbook: November 15
- 2nd logbook: January 16

Deadlines Spring Semester:

- 1st logbook: 5th week
- 2nd logbook: Exam period

MENTAL HEALTH SUPPORT

The program offers resources for mentors and mentees to address mental health challenges, including access to counseling services and referrals to professional assistance when needed.



Student counseling
Institute of Behavioural Sciences

International Mentoring Program
Here you can find specific mental health content every month.

MEET THE TEAM

Our board members and advisors are here to guide and support international students as they start their journey at Semmelweis University. With experience, care, and a passion for community, they ensure every student feels welcome, connected, and ready to thrive.

Adrienne Stauder



Advisor, Team Leader

As a medical communication teacher and a counsellor at the Student Psychological Counselling Service of the Semmelweis University, I gained insight into the various challenges that international students face upon their arrival and over their study period at Semmelweis University.

Celina Daradkeh



Mentor Coordination & Application lead

As a board member, I am eager to contribute beyond the mentor role by helping shape the organization and support the ongoing development of the program. My goal is to help ensure a high-quality, consistent, and meaningful experience for both mentors and mentees. My main responsibilities include managing mentor and mentee applications, overseeing the matching process, organizing workshops and supervision sessions, and preparing and evaluating logbooks at the end of each semester to track progress and gather feedback that can help improve the program.

Ubaid Arshad



Communication & Administration Lead

My name is Ubaid Arshad, and I am a 4th year medical student at Semmelweis University. My journey with this program began as a mentee, then a mentor, and now a board member, and it's helped me truly appreciate the value of communication, mentorship, support networks, and the connections we build along the way as students. As a board member, I manage communication and administrative tasks for the program, making sure everything runs smoothly behind the scenes for both mentors and mentees.

Ekshwanku Mehmi



Media & Digital Platforms Lead

I am Ekshwanku Mehmi, a board member of the Semmelweis International Mentoring Program, serving as the Media and Digital Platforms Lead. My role involves managing our social media presence, keeping the website up to date, designing visuals, and ensuring that everything we share reflects the vibrant and supportive spirit of our community.

Esha Prasad Vadhyar



Teacher Assistant

Hello ! I'm Esha, a fourth-year medical student from Dubai. I was once a first-year mentee myself, so I know how much of a difference a supportive mentor can make when you're adjusting to a new university and a new country. That experience inspired me to become a mentor, and I'm thrilled to continue as both a mentor and a Teaching Assistant this year. My goal is to support both mentors and mentees in any way I can whether that's helping new students settle in, sharing advice and resources, assisting mentors, or simply being someone people feel comfortable reaching out to. I hope to help create a community where everyone feels welcomed, supported, and connected. I'm always happy to chat, answer questions, or lend a helping hand, so feel free to reach out. Looking forward to meeting all of you!

Srigayathri Rebbapragada



Teacher Assistant

Hi! I'm Gayathri, a fourth-year medical student at Semmelweis University. I'm Indian, grew up in Vienna, Austria, and speak English, German, Telugu, and Hindi.
After an incredibly rewarding year as a mentor, I'm excited to continue my journey in the International Mentoring Program as a Teaching Assistant. I loved getting to know my mentees, supporting them through their first year, and being someone they could turn to for advice, reassurance, or simply a friendly chat. As a TA, I hope to support both mentors and mentees, encourage open communication, and help foster a welcoming community where everyone feels supported from day one. I'm looking forward to meeting you all! :)

Haiane Hasparian



Teacher Assistant

Hello everyone!
My name is Haiane Hasparian, and I'm a fifth-year medical student at Semmelweis University from Ukraine. I have been a mentor in the Mentoring Program for the past year, supporting international students as they begin their journey at Semmelweis. When I first arrived, everything felt new and overwhelming. Thanks to the guidance of senior students, my transition was much easier, and that experience inspired me to become a mentor myself. Being a mentor has strengthened my communication and leadership skills while allowing me to meet amazing people from different backgrounds. As a TA, I hope to support both mentors and mentees by improving communication and helping new students feel more confident as they adjust to university life. If you have any questions, feel free to reach out to our team, we're always happy to help!

TIPS FOR GUIDING FIRST-YEAR STUDENTS

Mentoring in Revision and Exam Preparation

Revision Tips:

- Identify strengths and weaknesses by reviewing the provided topic list.
- Utilize resources such as Amboss (accessible through the university's email), Osmosis, YouTube, and recommended departmental books.
- Revise according to the topic list for each subject, creating comprehensive notes.

AMBOSS	An online learning platform to assist you throughout your medical career. It includes a Library and Question bank. (University Access)
UpToDate	Accurate medical articles with credible information. Can be accessed from home with the Semmelweis VPN! (University Access)
ANKI	Flashcards that you can personalize with a multitude of features such as spaced repetitions.
Osmosis	Access to videos that are condensed and easy to understand (Free Trial)
Other resources include Ninja Nerd, Kenhub (for anatomy) and Lecturio!	

Exam Strategy:

- Focus on understanding structural concepts, formulae, and graphs, as these are frequently assessed.
- Approach oral exams with confidence, prioritizing clarity of communication.
- Practice active recall and utilize study techniques promoting organized learning and repetition.

Schedule:

- Collaborate with mentees to create a schedule, set goals, and develop a study plan.
- Emphasize preparation for the exam period well in advance.
- Provide strategies for scheduling exams effectively during the exam period.

Please find more information regarding 1st year medicine courses, obligatory electives and elective subjects in the appendix chapter of this booklet.

Please familiarize yourself with the midterm schedule for first-year students. For your reference, detailed information and requirements for the major subjects in the first year of medical school at Semmelweis University can be found on the following webpages:

- Anatomy department (Macroscopic anatomy, Microscopic anatomy)
- Medical Biophysics
- Medical Chemistry
- Medical Biochemistry
- Cell Science - Institute of Genetics, Cell-, and Immunology

Familiarization with Neptun System:

Guidance on navigating the Neptun system for exams, course registration, and other administrative tasks is provided to ensure students are equipped with essential tools for academic success.

STUDENT RIGHTS AND RESPONSIBILITIES



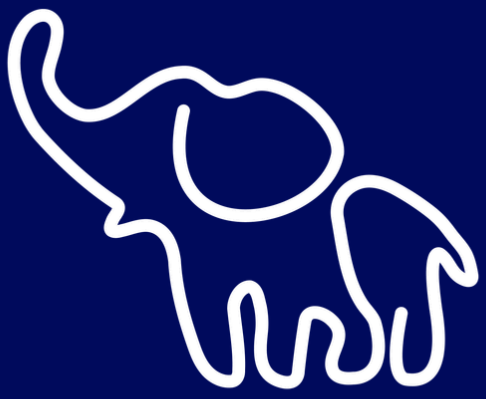
An overview of student rights and responsibilities within the university is outlined to promote a positive learning environment and uphold academic integrity (Examination regulation 2023)

EXTRACURRICULAR ACTIVITIES AND STUDENT SUPPORT SERVICES



At Semmelweis there are a wide range of extracurricular activities and student support services, including academic advising and tutoring, are provided to enhance the student experience outside the classroom. Please check the:

- **Programs offered by the Mentoring Program** - check our social media
- **International Semmelweis Students Association** (ISSA) - ISSA - Linktree, ISSA - Instagram, ISSA - Facebook
    - Tailored resources for international students, such as visa information, student card, housing assistance, and cultural adjustment support, are provided to facilitate a smooth transition to university life in a new country: ISSA's Freshmans' Guide
- **Deutschsprachige Studentenvertretung Semmelweis (DSVS)** - DSVS Website
- **Students' Union (HÖK)** - English website, Linktree
- **Semmelweis International Relations** - Webpage



Semmelweis Student Mentoring Program

Website
https://semmelweis.hu/mentorprogram/en/

Mail
int.mentor.se@gmail.com

Instagram
@semmelweis_mentor_int

Website of the Institute
https://semmelweis.hu/magtud/en/