
THE DVM ACADEMIC MENTOR GUIDE FOR STUDENT REMEDIATION

RE: ACADEMIC MENTORSHIP ACCOUNTABILITY PLAN (AMAP) FOR SUCCESS

“The task of the excellent teacher is to stimulate ‘apparently ordinary’ people to unusual effort. The tough problem is not in identifying winners: it is in making winners out of ordinary people.”

K. Patricia Cross

WHAT ARE THE MOST COMMON PROBLEMS IN ACADEMIC PERFORMANCE?

1. Organizing large amounts of information
2. Integrating large amounts of information
3. Time management
4. Test taking
5. Test anxiety
6. Stress or anxiety not associated with testing

WHAT ARE MY RESPONSIBILITIES AS A MENTOR?

The goal of your mentorship with this student is to target and fix the single greatest deficit in your mentee. Specifically:

1. Meet regularly with your mentee
2. Keep the standards committee notified of your mentee’s progress or any notable concerns
3. Continually document your mentees progress
4. Help identify your mentees greatest deficit and address it first
5. Evaluate your mentee’s effort and attempts for improvement

WARNING SIGNS THAT SHOULD BE IMMEDIATELY REPORTED TO THE STANDARDS COMMITTEE CHAIR

1. Your mentee cannot continue caring for patient safety
2. Your mentee is not capable of learning given the circumstances
3. Your mentee is a danger to herself/himself or others
4. Your mentee is greatly impeding the learning environment for other students

EXAMPLE REMEDIATION ACTIVITIES

The accompanying book, titled *Remediation of the Struggling Medical Learner* provides “step-by-step” guidelines for remediation based on specific deficit domains.

Below are various remediation activities you may recommend to your mentee, but this is not a complete list and you and your mentee should discuss other opportunities that may support your mentee’s remediation based upon their deficit domain.

CORE KNOWLEDGE RETENTION

1. Attend an online study skills workshop: https://www.ucc.vt.edu/academic_support/online_study_skills_workshops.html
2. Attend a seminar on academic success: <https://studentsuccess.vt.edu/svcs/seminarseries.html>

CRITICAL THINKING AND PROBLEM SOLVING

3. Take a Coursera course, such as:
 - a. EDIVET: Do you have what it takes to be a veterinarian? <https://www.coursera.org/learn/becoming-a-veterinarian>
 - b. Reasoning across the disciplines: <https://www.coursera.org/learn/critical-reasoning>
 - c. Critical thinking skills for university success: <https://www.coursera.org/learn/critical-thinking-skills>
 - d. Problem-solving skills for university success: <https://www.coursera.org/learn/problem-solving-skills?specialization=academic-skills>
4. Read a book, such as: Blink the power of thinking without thinking <https://www.amazon.com/Blink-Power-Thinking-Without/dp/0316010669>
5. Watch a TED Talk and discuss it with your Mentor. Such as: 5 tips to improve your critical thinking https://www.ted.com/talks/samantha_agoos_5_tips_to_improve_your_critical_thinking?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare

TIME MANAGEMENT AND ORGANIZATION

6. Take a Lynda.com course, such as:
 - a. Time Management Tips: <https://www.lynda.com/Business-Software-tutorials/Time-Management-Tips-Weekly/440668-2.html?org=vt.edu>
 - b. Time Management Fundamentals: <https://www.lynda.com/Business-Skills-tutorials/Time-Management-Fundamentals/397387-2.html?org=vt.edu>
 - c. Efficient Time Management: <https://www.lynda.com/Business-Software-tutorials/Efficient-Time-Management/427444-2.html?org=vt.edu>
 - d. Finding Your Time Management Style: <https://www.lynda.com/Business-Software-tutorials/Finding-Your-Time-Management-Style/672244-2.html?org=vt.edu>
7. Create a semester schedule, assess and plan your workload each week, adjust your plan each day, and evaluate your schedule with your mentor: https://www.ucc.vt.edu/academic_support/online_study_skills_workshops/time_management_strategies.html
8. Take the Time Management Quiz: https://www.ucc.vt.edu/academic_support/online_study_skills_workshops/Copy_1_of_Time_Management_Quiz.html
9. Register for Student Success Center Coaching: <https://studentsuccess.vt.edu/svcs/ssccoaching.html>

10. Meet with a Peer Academic Coach (PAC): <https://studentsuccess.vt.edu/svcs/pac.html>
11. Read a book, such as:
 - a. Deep work: Rules for focused success in a distracted world
https://www.amazon.com/dp/0349413681/ref=cm_sw_em_r_mt_dp_U_pa5eDb721Q3SF
 - b. The 7 habits of highly effective people <https://www.amazon.com/Habits-Highly-Effective-People-Powerful/dp/0743269519>
 - c. The power of habit: Why we do what we do in life and business
https://www.amazon.com/dp/081298160X/ref=cm_sw_em_r_mt_dp_U_A04eDbS0K85DB

INTERPERSONAL SKILLS/PROFESSIONALISM

12. Take a Coursera course, such as:
 - a. Influencing People: <https://www.coursera.org/learn/influencing-people>
 - b. Conflict Resolution Skills: <https://www.coursera.org/learn/conflict-resolution-skills>
 - c. The Power of Team Culture: <https://www.coursera.org/learn/team-culture?specialization=team-building>
 - d. Building High-Performing Teams: <https://www.coursera.org/learn/high-performing-teams?specialization=team-building>
 - e. Optimizing Diversity on Teams: <https://www.coursera.org/learn/diverse-teams?specialization=team-building>
 - f. Creating a Team culture of Continuous Learning: <https://www.coursera.org/learn/continuous-learning-culture?specialization=team-building>
13. Take a Lynda.com course, such as:
 - a. Working with difficult people: <https://www.lynda.com/Leadership-Management-tutorials/Working-Difficult-People/598481-2.html?org=vt.edu>
 - b. Learning to be Assertive: <https://www.lynda.com/Business-Business-Skills-tutorials/Learning-Assertive/175640-2.html?org=vt.edu>
14. Read a book, such as:
 - a. Make Your Bed: Little things that can change your life... and maybe the world
https://www.amazon.com/dp/1455570249/ref=cm_sw_em_r_mt_dp_U_yf5eDbENWBTYT

COMMUNICATION

15. Take a Coursera course, such as:
 - a. Communication skills for university success: <https://www.coursera.org/learn/communication-skills?specialization=academic-skills>
 - b. Improving Communication Skills: <https://www.coursera.org/learn/wharton-communication-skills>
16. Take a Lynda.com course, such as:
 - a. Interpersonal Communication: <https://www.lynda.com/Leadership-Management-tutorials/Interpersonal-Communication/580627-2.html?org=vt.edu>
 - b. Communicating with Empathy: <https://www.lynda.com/Business-Skills-tutorials/Communicating-Empathy/534584-2.html?org=vt.edu>
17. Read a book, such as: Presence: Brining Your boldest self to your biggest challenges
https://www.amazon.com/dp/0316256587/ref=cm_sw_em_r_mt_dp_U_ke5eDbZ4MDPB9
18. Watch a TED Talk and discuss it with your Mentor. Such as: Your body language may shape who you are
https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

SELF-DIRECTED LEARNING

19. Take a Coursera course, such as:
 - a. Mindshift: Break through obstacles to learning and discover your hidden potential: <https://www.coursera.org/learn/mindshift>
 - b. Learning how to learn: Powerful mental tools to help you master tough subjects: <https://www.coursera.org/learn/learning-how-to-learn>
20. Read a book, such as:
 - a. Flow: The psychology of optimal experience <https://www.amazon.com/Flow-Psychology-Experience-Perennial-Classics/dp/0061339202>
 - b. Outliers: The story of success <https://www.amazon.com/Outliers-Story-Success-Malcolm-Gladwell/dp/0316017930>
21. Watch a TED Talk and discuss it with your Mentor. Such as: How to learn? From mistakes https://www.ted.com/talks/diana_laufenberg_3_ways_to_teach?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

MENTAL WELL-BEING

22. Complete the online mental health screening module: <https://screening.mentalhealthscreening.org/virginiatech>
23. Seek a psychiatric evaluation for learning disabilities, psychiatric diagnosis, and substance abuse: https://www.ucc.vt.edu/clinical_services_students/psychiatric_services.html
24. Attend 4-5 sessions of individual counseling at the Cook Counseling Center: https://www.ucc.vt.edu/clinical_services_students/individual_counseling.html
25. For veterans: Participate in PTSD Coaching https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp
26. Take a Coursera course, such as:
 - a. The science of well-being: <https://www.coursera.org/learn/the-science-of-well-being>
 - b. De-mystifying Mindfulness: <https://www.coursera.org/learn/mindfulness>
27. Watch a TED Talk and discuss it with your Mentor. Such as: The surprising link between stress and memory https://www.ted.com/talks/elizabeth_cox_the_surprising_link_between_stress_and_memory

REFERENCES

Guerrasio, J. (2013). Remediation of the Struggling Medical Learner. ISBN 978-0-615-80058-5

ADDITIONAL RESOURCES

DVM CONTACT INFORMATION

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COOK COUNSELING CENTER [HTTPS://WWW.UCC.VT.EDU/](https://www.ucc.vt.edu/)

The Cook Counseling Center provides individual and group counseling for enrolled undergraduate and graduate students at Virginia Tech. It also offers a wide range of self-help information. The Cook Counseling Center, in partnership with Screening for Mental Health Inc, also offers an [Online Screening Module](#) for depression, alcohol abuse, eating disorders, and anxiety.

- Study Skills Information: https://www.ucc.vt.edu/academic_support/study_skills_information.html
- Time Management Strategies: https://www.ucc.vt.edu/academic_support/online_study_skills_workshops/time_management_strategies.html
- Online Study Skills Workshops: https://www.ucc.vt.edu/academic_support/online_study_skills_workshops.html
- Academic Relief: https://www.ucc.vt.edu/academic_support/academic_relief.html

SERVICES FOR STUDENTS WITH DISABILITIES [HTTPS://WWW.SSD.VT.EDU/](https://www.ssd.vt.edu/)

This office works to ensure that students with disabilities receive equal access to education and opportunities in this academic community through by assisting students with disabilities in becoming fully integrated into the university community, promoting greater awareness and understanding of disabilities and the needs of students with disabilities, and facilitating the transition of students with disabilities from high school to college and to the workplace.

- Faculty Brochure download: https://www.ssd.vt.edu/content/dam/ssd_vt_edu/assets/docs/SSD_Faculty_Brochure_Accessible.docx
- Virginia Tech Accessibility Portal: <https://vt.edu/accessibility.html>

THE STUDENT SUCCESS CENTER [HTTPS://STUDENTSUCCESS.VT.EDU/](https://studentsuccess.vt.edu/)

The Student Success Center offers free academic support, such as tutoring and study skills seminars to undergraduate students at Virginia Tech. We also have programs and activities for students who are already succeeding academically, and simply want to enrich their educational experiences at Virginia Tech.

- Peer Academic Coaching: <https://studentsuccess.vt.edu/svcs/pac.html>
- Seminar Series on Academic Success: <https://studentsuccess.vt.edu/svcs/seminarseries.html>
- SSC Coaching: <https://studentsuccess.vt.edu/svcs/ssccoaching.html>
- SSC Courses: <https://studentsuccess.vt.edu/svcs/academicrecoveryprograms.html>
- Tutoring: <https://studentsuccess.vt.edu/svcs/tutoringprogram.html>