

Welcome to the first edition of our newsletter. Here you will receive updates from us and mentorship articles.

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MedXmentor Newsletter

July 2025 Edition



Message from the Team

Dear Medxmentor Community, It gives me great joy to introduce this issue of the Medxmentor Newsletter — a reflection of the incredible work we are doing together to shape the future of health care in Africa through mentorship, innovation, and holistic training.

"I am genuinely excited about the strides we are making to ease access to mentorship and support holistic training for healthcare professional students.

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Mentorship is a cornerstone in the journey of every healthcare professional. It shapes careers, nurtures growth, and fosters a sense of community among students and professionals alike. At Medxmentor, we believe that mentorship is more than a supportive

relationship; it is a transformational tool that bridges knowledge gaps, nurtures leadership, and inspires a sense of purpose. As someone who has personally benefited from mentorship, I understand the power it holds to influence career direction, instil confidence, and prepare future health professionals for the challenges ahead. At Medxmentor, we believe that access to quality mentorship should not be a privilege but a right for every aspiring healthcare provider. I am genuinely excited about the strides we are making to ease access to mentorship and support holistic training for healthcare professional students. Our mission is to empower the next generation of healthcare leaders by connecting them with experienced mentors, fostering personal and professional growth, and building a strong, supportive network across Africa. We envisage equipping them with the skills, support, and exposure they need — not just to excel academically, but to become change makers in their communities. This vision has been the driving force behind all our initiatives, and I am proud to see it coming to life across the continent. Currently, we are actively running MedXmentor chapters in 15 universities across 6 African countries, each serving as a hub for peer-to-peer learning, professional development, and collaboration. Our interest groups offer targeted exposure to areas often overlooked in traditional training, including soft skills, health innovation, leadership, and research. These platforms enable students to explore their passions, access mentors, and develop competencies beyond the classroom. We are especially grateful for the strategic partnerships and collaborations that have strengthened our work with academic institutions, student leadership frameworks and professional bodies, and global health organisations. Your support has expanded our reach and impact. As we grow, our vision remains clear: to build a future where every health sciences student and early-career professional in Africa has access to structured, high-impact mentorship and the tools to thrive, not just in practice, but as leaders of health systems transformation. Thank you for walking this journey with us. Together, we are redefining what mentorship looks like in Africa — and we are just getting started.



Best regards

Dr. Tamale Elvis

Secretariat Chairperson, MedXmentor

Articles



The role of mentorship in strengthening quality health education and practice.

By Marianne Calnan

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As John C. Maxwell aptly stated, "One of the greatest values of mentors is the ability to see ahead what others cannot see and to help them navigate a course to their destination." Mentorship is a profound and reciprocal relationship that fosters growth, learning and development for both the mentor and the mentee. I engage in mentoring because I firmly believe that the upcoming generation deserves every opportunity to surpass the achievements of those who came before them. Providing a guiding hand allows them to achieve more without necessarily facing the same obstacles we encountered. Mentorship is inherently a two-way street. Both parties gain valuable insights through cross-generational learning and peer interactions. While I did not receive structured mentoring in my own journey, numerous individuals influenced my perspectives as I did theirs and contributed to my growth, embodying the essence of informal

mentorship. Effective mentoring transcends traditional classroom lessons. It involves sharing life's experiences within real-world contexts. In the medical field, no textbook can fully capture the nuances of the patient-provider relationship, the art of building rapport, or the skill of interpreting body language to understand a patient's non-verbal cues. This is where mentoring plays a crucial role, enhancing competence through techniques such as active listening, goal setting, and reflective feedback, which are also crucial for fostering constructive mentor-mentee relationships. Another essential factor in successful mentorship is the mentee's openness and intentionality towards receiving guidance. Clear expectations and defined boundaries are vital to maintaining a productive relationship. Both mentor and mentee should agree on the desired outcomes and respect the framework that supports their interactions. Importantly, mentorship should not be confused with providing direct material or financial assistance. Instead, it is about equipping mentees with the knowledge and resources to find the support they need independently. As the saying goes, "Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime." This philosophy underscores the true purpose of mentorship: empowering others to thrive on their own terms. Institutionalizing mentorship as part of the student journey will build resilient and thriving healthcare practitioners, and it is the responsibility of those who have passed through the medical education system to offer mentorship and advocate for the establishment of robust mentorship systems within the medical education framework.



Why mentorship matters: My story

By Baja Uthman

Monitoring and Evaluation Director,
MedX Mentor.

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Growing up and going through school, I often heard about mentorship, but I didn't really understand its impact until I became a beneficiary myself. As a graduate nurse, I can confidently say that having someone to look up to for professional and career guidance is not just helpful it's vital. A good mentor does more than guide you; they challenge your thinking, open up opportunities, and help shape the person you become both professionally and personally. Let me take you back to my second year in medical school. Like many students at that stage, I was confused about what path to take after graduation. I knew I wanted to be in the medical field, but I didn't have clarity on how to align my interests, skills, and passion with a fulfilling career. Then came an opportunity to join MedX Mentor, a mentorship program at our university. At first, I was skeptical. I didn't see how being paired with someone overseas someone I'd never met in person could make any difference in my life. How could they understand my context, my struggles, or even guide me meaningfully? But despite the doubts, I decided to give it a shot. Looking back, that decision was one of the best I've ever made. My mentor became more than just someone I talked to occasionally. She became a sounding board, a source of encouragement, and a bridge to professional networks I never imagined I could access. Through regular conversations, I was exposed to new ideas, gained confidence in my abilities, and developed a clearer vision for my career. Most importantly, I felt seen, heard, and supported. Mentorship gave me perspective. It helped me realize that I wasn't limited to what I knew or saw around me. There was a bigger world out there full of opportunities, challenges, and growth and I could be a part of it. Today, I am a more competent, confident, and compassionate nurse because of that experience. To students and young professionals: if you ever get the chance to be mentored, take it. It might not seem like much at the beginning, but over time, the value becomes clear. And to mentors out there thank you for giving your time, your wisdom, and your support. You are shaping futures in ways that cannot always be measured, but will always be remembered. Mentorship is not just about career growth. It's about becoming the best version of yourself with a little help from someone who's walked the path before you.



My Experience as A Campus Ambassador

MedX Mentor KIU, Uganda.

By Odora Stephen

Chapter Coordinator, MedX Mentor.

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Serving as a campus ambassador for the MedX Mentor program has been a transformative experience, one that has not only deepened my understanding of medicine but also honed my skills in leadership, communication, and collaboration. Over the course of my tenure, I have had the privilege of mentoring medical students, fostering a culture of curiosity, and promoting innovation in a field that thrives on discovery and human connection. This role has taught me invaluable lessons about leadership, the importance of mentorship, and the power of community in driving meaningful change. ***Building Bridges Through Mentorship*** I learned the impact of mentorship in shaping the academic and professional trajectories of medical students. As a campus ambassador, my primary responsibility was to guide students interested in research and innovation by connecting them with resources, opportunities, and experienced mentors. I vividly recall organizing a series of workshops where senior researchers shared their journeys, from navigating the complexities of grant applications to publishing in high-impact journals. Witnessing the spark of inspiration in students' eyes as they engaged with these professionals was incredibly rewarding. Mentorship, I learned, is not a one-size fits-all approach. Each student had unique aspirations—some were drawn to

clinical research, others to biomedical engineering or health policy innovation. Tailoring my guidance to their individual goals required active listening and empathy. For instance, I worked with a first-year student who was intimidated by the prospect of approaching faculty for research opportunities. By sharing my own experiences of overcoming similar fears and roleplaying conversations, I helped her build the confidence to secure a position in a lab. This experience taught me that mentorship is as much about empowering others to believe in themselves as it is about providing technical guidance.

Fostering a Culture of Innovation The MedXMentor project aimed to cultivate a spirit of innovation among medical students, encouraging them to think beyond traditional clinical practice and explore interdisciplinary solutions to healthcare challenges. However, fostering innovation was not without challenges. I encountered skepticism from some students who viewed research and innovation as secondary to clinical training. Overcoming this required me to communicate the tangible impact of research—how a single discovery could save millions of lives. By sharing real-world examples, such as the development of mRNA vaccines, I was able to shift mindsets and inspire greater participation. This taught me the power of storytelling in leadership and advocacy.

Developing Leadership Through Action The role of a campus ambassador demanded a high level of leadership, from strategic planning to conflict resolution. Organizing events, managing budgets, and coordinating with faculty and external partners required meticulous planning and adaptability. One of the most significant lessons I learned was the importance of leading by example. During a particularly hectic semester, our club faced a setback when a keynote speaker canceled last minute for a major symposium. As the ambassador, I had to quickly pivot, reaching out to my network to secure a replacement while keeping the team motivated. The event was a success, and the experience reinforced the importance of resilience and proactive problem-solving in leadership. I also learned the value of servant leadership. My role was not about personal recognition but about empowering others. Whether it was staying late to help a student refine a research proposal, I realized that true leadership lies in prioritizing the growth and success of others. This mindset transformed my approach to leadership, making me more patient, empathetic, and collaborative.

The Power of Community Perhaps the most enduring lesson from my time as a campus ambassador was the importance of community in driving change. The

MedXMentor was more than a club at Campus; it was a community of passionate individuals united by a shared vision of advancing medicine through research and innovation. As an ambassador, I worked to strengthen this community by fostering connections among students, faculty, and industry professionals. Events like networking mixers and research symposiums became platforms for meaningful relationships to form, many of which led to collaborations and mentorships that extended beyond the club. One poignant memory was mentoring a group of students who formed a research team after meeting at one of our events. Their project, which focused on developing a policy on sickle cell disease screening among couples at antenatal visit as part of the baseline medical screening done in the first visit. Seeing their success and knowing I played a small role in bringing them together was a reminder of the ripple effect that a strong community can have. It taught me that leadership is not just about achieving goals but about creating systems where others can thrive.

Personal Growth and Future Aspirations Serving as a campus ambassador has been a journey of personal growth. I have become more confident in public speaking, more adept at navigating challenges, and more committed to fostering inclusivity and innovation in medicine. The role has also solidified my passion for a career that blends clinical practice with research and leadership. I now aspire to pursue a path in academic medicine, where I can continue to mentor the next generation of medical innovators and contribute to advancements in healthcare. In conclusion, my experience as a campus ambassador for the MedXMentor project has been a defining chapter in my journey as a medical student. It has taught me the art of mentorship, the importance of fostering innovation, and the power of community in creating lasting impact. Most importantly, it has shown me that leadership is not about titles or accolades but about empowering others to reach their full potential. These lessons will guide me as I continue my career in medicine, and I am grateful for the opportunity to have served in a role that has left such a profound mark on my personal and professional growth. I extend my heartfelt gratitude to the management of MedXMentor for the opportunity granted to me to serve as the Campus Ambassador.

MedX Mentor Mentorship Survey Report Summary

“A mentor is someone who allows you to see the hope inside yourself.” — Oprah Winfrey

“One of the greatest values of mentors is the ability to see ahead what others cannot see and to help them navigate a course to their destination.” — John C. Maxwell

Great Partnerships

We are proud to announce our new partnerships with Mejo Africa and Afrihealth as part of our commitment to expanding and enriching mentorship across the continent. Through this collaboration, Mejo Africa will support us in nurturing entrepreneurial thinking among students, while Afrihealth will strengthen our research mentorship and evidence-based learning initiatives. Together, we aim to empower young professionals with the skills, mindset, and support networks they need to lead change in healthcare, innovation, and beyond.

Mejo is a storytelling platform dedicated to showcasing bold and brilliant Africans who are reimagining healthcare.

The African Forum for Research and Education in Health (AFREhealth) is an interprofessional health grouping that seeks to work with all stakeholders interested in health profession education, research and service delivery to improve the quality of health care in Africa through research, education and capacity building.

Meet the 2025 MedXMentor Campus Ambassadors!

We are excited to unveil our newly chosen Campus Ambassadors for 2025 — a diverse and vibrant team of student leaders from universities across Uganda, Ethiopia, Rwanda, Kenya, and Burundi. These ambassadors embody the core of the MedXMentor mission



MedX Mentor

Kampala, Uganda

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