

WHO IS LOOKING AT YOU

Are You a Mentor, Preceptor or Role Model
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Introduction

- ▶ Over 20 years in EMS
 - ▶ 14 years NYC
 - ▶ 9 years NJ
- ▶ Preceptor
- ▶ Instructor
- ▶ Tactical Paramedic

Goals:

To be able to understand the Role Model, Preceptor and the Mentor are all different and can all be intertwined with each other.

Objectives

- ▶ Define
- ▶ Explain the difference
- ▶ Explain how they intermingle
- ▶ Who should be the Mentor, Role Model, and Preceptor
- ▶ Why is this important to EMS personnel

Definition

Role Model

noun :

Someone who another person admires
and tries to be like.

Role Models

- ▶ Parents
- ▶ Teachers
- ▶ Neighbor
- ▶ Co-worker
- ▶ Sports Professional
- ▶ Super Hero



Role Model May Change

Depends on where you are at in you life

Being a role model is a privilege

Allyson Felix



What to look for in a Role Model

- ▶ Moral
- ▶ Ethical
- ▶ Good skill set
- ▶ Someone you want to be like

What a person looks for in a role model

- ▶ Confident in what they do
- ▶ Genuine
- ▶ Inspiring
- ▶ The ability to overcome life's obstacles
- ▶ Values

Role Models

May never know they are Role
Models

How do I Become a Role Model

You don't become one

Try to always do the right thing

Be trust worthy

Open to new ideas

Selflessness

How to be a Role Model

- ▶ Try to teach people around you
- ▶ Be nice
- ▶ Apologize for your mistakes
- ▶ Try to better yourself
- ▶ Good Values

“

A Role Model should never be
negative

”

Michael Jordan



Preceptor

Definition
Teaches or Tutors

May be some stranger

Sustained over a longer period

Good Characteristics

- ▶ Give Criticism in a constructive way
- ▶ Your able to take criticism
- ▶ Know when you can't teach
- ▶ Able to use new information
- ▶ Be able to learn from your student.

Should You be a Preceptor

- ▶ Trustworthy
- ▶ Calm
- ▶ Open to new ideas
- ▶ Be able to teach
- ▶ Have good communication skills
- ▶ Approachable

What should you know

- ▶ Adult Learning
- ▶ How Others Teach
- ▶ Know this is an honor
- ▶ Remember what it was like

Teach What!

- ▶ Skills
 - ▶ Board and collar
 - ▶ IV's
 - ▶ Splinting
- ▶ Knowledge
- ▶ Things to make job easier

What they need to succeed

▶ Knowledge

- ▶ Let your student pick your brain
- ▶ Make them search for the answers
- ▶ Help them search for the answer

RULES?

- ▶ Rules
 - ▶ Not yours but the ones to follow
 - ▶ Protocols
 - ▶ Policies
 - ▶ Procedures

Role should be well defined

- What you are teaching
- Lessons to be learned
- Reasons to learn
- Skills to learn



<http://www.laerdal.com/us/UserStories/48061987/Manikins-and-on-the-fly-scenarios-help-emergency-responders-meet-increased-demands>

How does your student learn

- ▶ Auditory
- ▶ Visual
- ▶ Kinesthetic
- ▶ A Mixture

Does Your Organization Have a Program?

Should Your Organization Have a Program?

Definition- Mentor

¹men·tor

men-tr, -tər\

: someone who teaches or gives help and advice to a less experienced and often younger person

Purpose

- ▶ Encourage
 - ▶ Help them succeed
- ▶ Support
 - ▶ Assist with problems
 - ▶ Just listen
- ▶ Guide
 - ▶ To where they want to be

Socialize

- ▶ Introduce the Mentee
 - ▶ People to help them succeed
 - ▶ Co-workers
 - ▶ Bosses
 - ▶ Other professionals

May be a life long friend

Mentor

- ▶ Wise
- ▶ Trusted
 - ▶ Ethos- Ethics
 - ▶ Logos- Logic
 - ▶ Pathos- Rational

Mentor

- ▶ Mentor leaders put people first
- ▶ Mentor leaders strive for significance in life
- ▶ Mentor leaders keep an eternal perspective

What makes a good Mentor

- ▶ are specific.
- ▶ care.
- ▶ succeed.
- ▶ admirable.

What Makes a Good Mentor

- ▶ Provide insight.
- ▶ Accessible.
- ▶ Criticize constructively.
- ▶ Supportive.

What makes a good mentor

- ▶ Listen.
- ▶ Guide.
 - ▶ Encourage to find new avenues
- ▶ Practical
- ▶ Educate

What do mentees need to trust

- ▶ Image
- ▶ Knowledge
- ▶ Experience
- ▶ Your respect

How to Become a Mentor

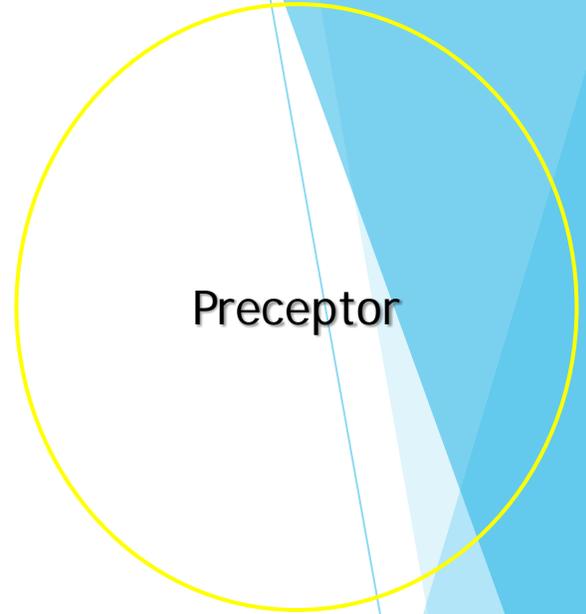
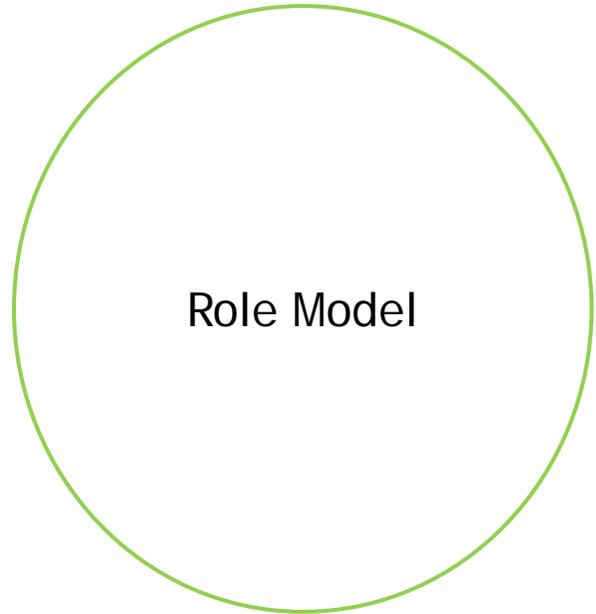
- ▶ Get experience
- ▶ Have a wide array of knowledge
- ▶ Guide others
- ▶ Learn from your mentor

The background of the image shows two individuals in red shirts and dark pants climbing a large, dark rock formation. One person is already on top of the rock, while the other is reaching up to be pulled up. The sky is filled with white, fluffy clouds, and the overall scene is one of teamwork and achievement.

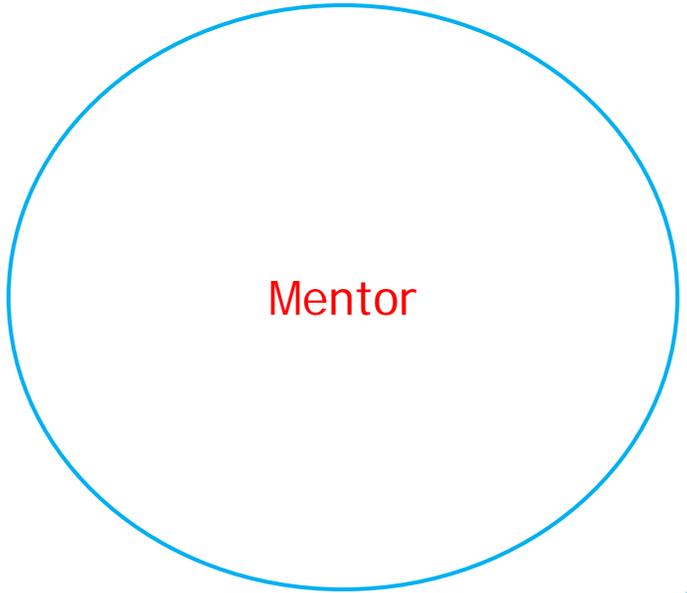
MENTORING

*Successful
people never
reach their goals
alone.*

Nothing more rewarding



Teach
Guide
Someone to look up too



So what is common in all three

- ▶ Trust
- ▶ Friendly
- ▶ Knowledgeable
- ▶ Ethics
- ▶ Moral judgment

Who is your Mentor

Are they in the Medical field

I think a role model is a mentor - someone you see on a daily basis, and you learn from them.
Denzel Washington

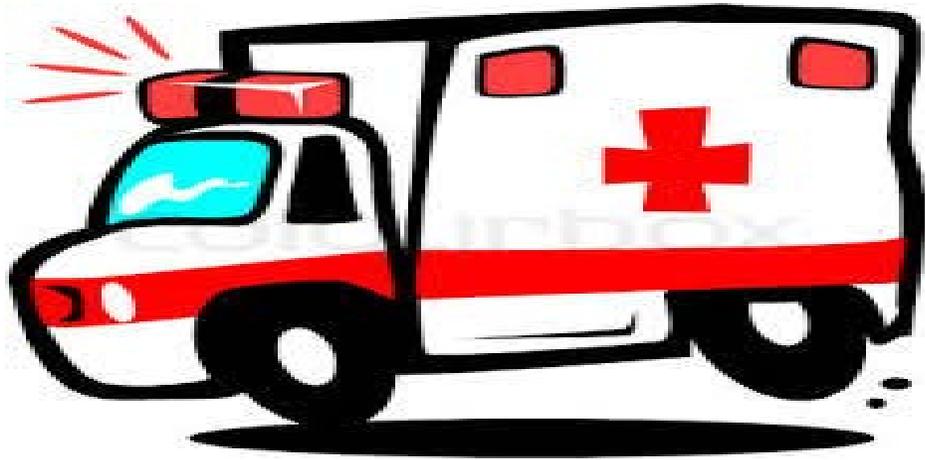


Can all be a life long friend



Why is this important in EMS





EMS is a New Service



The Way we are looked at

- ▶ Emergency Responders
- ▶ Ambulance drivers
- ▶ Just take the patients to the hospital

Lets change the perception

- ▶ Act as role models
- ▶ Start Teaching
 - ▶ EMT to Paramedic
 - ▶ High School Student
 - ▶ Even younger
- ▶ Be a Mentor

Mentor the Newer Ones

Not just for EMS

“

My version of you

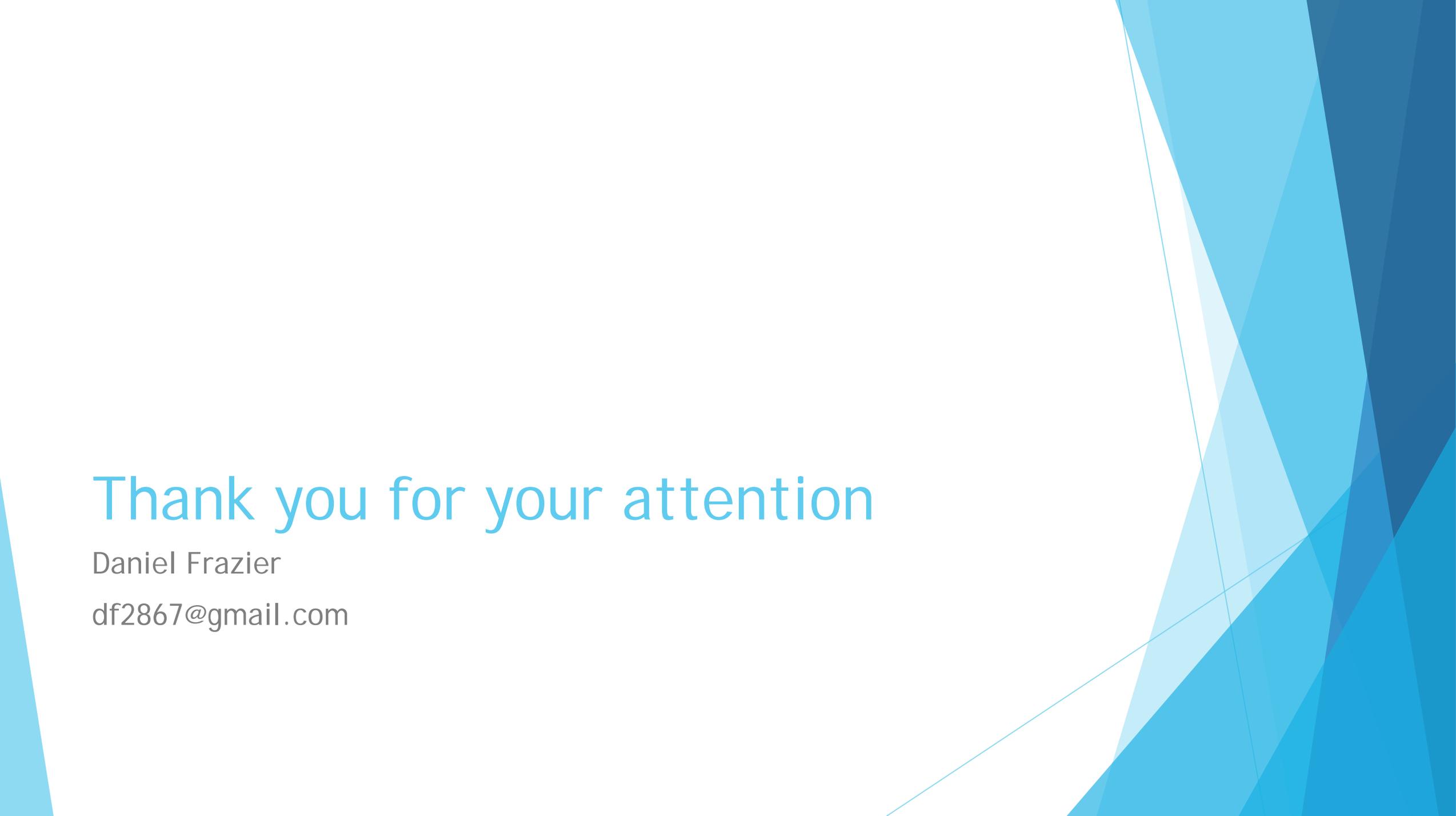
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Summary

- ▶ Learned what all three are
- ▶ How to be one of them
- ▶ How they interwine

Questions

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with the text 'Questions' positioned on the left side of the frame.

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Thank you for your attention

Daniel Frazier

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