

Session Description: This session will provide a personal journey of mentoring highlighting good, bad, and ugly experiences for both the mentor and mentee. Literature related to optimal mentoring will be reviewed and analyzed while addressing less than favorable mentor and mentee experiences and expectations. Suggestions for optimal mentoring in cardiovascular and pulmonary physical therapy will be explored which may result in the creation of specific methods to ensure that optimal mentoring is achieved in both academic and clinical environments.

Session Objectives:

- To provide a personal journey of mentoring highlighting:
 - The Good Experiences and Key Aspects of Mentoring
 - The Bad Experiences and Key Aspects of Mentoring
 - The Ugly Experiences and Key Aspects of Mentoring
- To analyze the literature related to optimal mentoring
- To evaluate factors associated with optimal mentoring when the mentor and/or mentee experience is less than favorable
- To suggest and possibly create methods to ensure optimal mentoring in cardiovascular and pulmonary physical therapy