

# Apparently, We Are Doing Well!

## Key Takeaways From the CRA Mentorship Programs

*Working with Dr. Silverman through the CRA Summer Scholarship has been a great experience. His guidance and support throughout my project allowed me to develop essential skills for conducting clinical research, as well as encouraged me to pursue my great interest in rheumatology. I would definitely support medical students in the same way as my mentor once I become a clinician-scientist.*  
- Erika Lee, mentee



*Never again will I have the opportunity to hone my history-taking and clinical skills with such individualized, one-on-one attention from a skilled rheumatologist as during this mentoring program. My key takeaway was that rheumatology allows a clinician to practice systemic medicine—from lupus nephritis to CNS vasculitis—and a wide scope of knowledge is required.*  
- Megan Himmel, mentee



*What I like best about mentoring is seeing trainees get excited about rheumatology and seeing their growth and development from the beginning to the end of the experience.*  
- Dr. Shirley Chow, mentor



*The mentorship program at the CRA annual meeting was a valuable experience for me as I attended my first CRA meeting. Being partnered with a mentor allowed me to become acquainted with the meeting itself, key talks and debates, as well as fun social activities. Importantly, through discussions with my mentor, I was able to gain a better, more informed view on the amazing training and career opportunities that exist in rheumatology! I strongly feel that the mentorship program contributed to a highly enjoyable meeting experience, and hope the mentorship program continues for future trainees!*  
- Mark Warwas, mentee



## CRA Summer Studentship Programs

There is a high demand for new rheumatologists in Canada. The Summer Studentship programs are an excellent way for medical students to garner experience and interest in our important subspecialty.



- Mentors are always encouraged to sign up! The CRA welcomes **community and academic** rheumatologists to contribute their expertise to the programs.
- For more information, please visit [www.rheum.ca/en/students/summer\\_studentship](http://www.rheum.ca/en/students/summer_studentship) or contact Christine Charnock at [christine@rheum.ca](mailto:christine@rheum.ca).