

THRIVE MATTERS

Students complete a self-assessment each semester on the following four domains: self awareness, leadership, innovation & entrepreneurship, and professionalism. Ideally, students will develop in each of these four domains as they progress through the PharmD curriculum. Our PPD program, which includes involvement in extracurricular activities and events as well as the mentoring program, is the structure we use to help our students meet these standards.

Self Awareness	Leadership	Innovation & Entrepreneurship	Professionalism
<ul style="list-style-type: none">•Actively develops own self-awareness•Identifies strengths and development needs	<ul style="list-style-type: none">•Influence of self to achieve goals•Influence of others to achieve goals	<ul style="list-style-type: none">•Understands problems/opportunities for innovation•Conceives of solutions	<ul style="list-style-type: none">•Seeks professional excellence in all aspects of school life•Demonstrates professional responsibility•Patient focus

You will discuss the Thrive Matters reports with your mentee. Your mentee can explain the Thrive Matters assessment in more detail and can share the specific recommendations provided in the report to help them improve. Before meeting with your mentee, review their reports in CompMS. Our purpose in sharing these reports with you is so that you can help your mentee select PPD events and other opportunities throughout the year to better develop their skills in these areas.

When meeting with your mentee, have a strengths-focused discussion.

- ⇒ Be clear about the purpose of the session
- ⇒ Allow the meeting to be student-led
- ⇒ Ask your mentee their perception of their report
 - * What stood out to them?
 - * Were there any surprises?
- ⇒ Dealing with perception versus reality
- ⇒ Key takeaways
 - * What do they think they need to focus on
 - * What would they like to focus on
- ⇒ Set SMART goals