



BACKGROUND

- ❑ Leadership and mentoring are integral components of the Advanced Practice Registered Nurse (APRN) role
- ❑ APRNs who learn positive mentoring, leadership, and partnership competencies in their academic education are more likely to display these characteristics as they enter practice
- ❑ A lack of opportunities exist for APRN students to demonstrate these skills as they are currently in a novice or student role
- ❑ Mentoring APRN students who are earlier in their plan of study can increase confidence in leadership abilities and ease the transition to the APRN role

PURPOSE AND SCOPE

- ❑ The purpose of this experience was to investigate if student peer mentoring would improve leadership skills, foster confidence, and promote professional collegiality for family nurse practitioner (FNP) students



RESULTS

- ❑ Mentors and mentees completed a survey at the end of each semester in the experience. Results show improvement in confidence and connectedness while decreasing anxiety
- ❑ Qualitative feedback has reinforced the value of this experience in providing improved leadership skills, fostering confidence, and promoting professional collegiality for FNP students
- ❑ Comments from the peer mentors include:
 - “I’m surprised by my self-growth in skills and critical thinking”
 - “It’s rewarding to pass on knowledge”
 - “I’m excited to foster further relationship with the mentees”
 - “I’m thankful to share this educational journey”
 - “I’m inspired by my progress”
 - “I’ve grown in confidence”
 - “I’ve learned from questions of other students”
 - “I have led by example”

METHODS

- ❑ Faculty conducted a literature search on leadership and peer mentoring. This information, along with personal faculty experience, formed the basis for a peer mentoring experience for the FNP students
- ❑ Novice students were paired with more advanced, or peer mentor students
- ❑ NURS 631 Advanced Assessment novice student paired with peer mentor NURS 771 FNP Practicum II student
- ❑ NURS 765 FNP Practicum I novice student paired with peer mentor NURS 776 FNP Practicum III student
- ❑ Both the novice and peer mentor FNP students individually reflected on their mentor/mentee experiences in a written paper
- ❑ All students completed a survey at the end of each semester

NURS 631 Advanced Assessment	Novice student paired with NURS 771 peer mentor
NURS 765 FNP Practicum I	Novice student paired with NURS 776 peer mentor
NURS 771 FNP Practicum II	Peer mentor paired with novice NURS 631 student
NURS 776 FNP Practicum III	Peer mentor paired with novice NURS 765 student

CONCLUSIONS

- ❑ Peer mentoring of FNP students received overwhelming approval from both the mentors and mentees
- ❑ The mentoring of novice FNP students created feelings of increased confidence and decreased stress in the peer mentors
- ❑ The peer mentor and novice students felt increased collegiality towards each other
- ❑ This peer mentoring experience continues in the FNP program with continued positive reviews

