

UNDERSERVED PATHWAY

MENTOR MEMO SPRING 2026

Happy Spring!

First, thank you all so very much for volunteering your time to mentor Underserved Pathway students. We hope that you feel inspired and motivated by the amazing work your mentees are doing.

Do you know about these resources?

- [Guide for Mentors and Mentees of the Underserved Pathway](#) discusses the goals and benefits of UP mentorship and how to best foster this type of relationship.
- [UP Mentoring Roadmap](#) has topics related to each quarter of your mentee's schooling to help guide your quarterly check-ins.

If you would like a letter from our team for your promotion file, please reach out to us at upath@uw.edu. We'd love to provide you with one.

Last, if you have a colleague that is interested in becoming a mentor with the UP, we truly appreciate your referrals! They can email us at upath@uw.edu. Thank you!

20 YEARS
Mark your calendars for the UP's 20th birthday party: the evening of Friday, October 2nd in Seattle. Details forthcoming!



UP mentor Dr. Uyenvy Pham (R) and graduating UP scholar Alina Ferguson

Where is your mentee in the medical school curriculum?

MS4s: These students are quickly approaching their graduation from medical school! Match Day was March 21st and the Physician's Oath and Hooding Ceremony will be on May 23rd.

MS3s: These students are in their Explore and Focus Phase, completing clinical rotations they selected based on their interests. Many are beginning to work on their applications for residency. Is your mentee planning to include the UP in their MSPE (Dean's Letter) for their applications? You can encourage them to double-check the [requirements and deadlines for doing so on our website](#). You can also share with them our document with tips on [preparing their MSPE and residency applications](#).

MS2s: These students have taken their USMLE Step 1 exams and have started their required clerkships. How is your mentee's current rotation going for them? Many students struggle to keep in touch with their mentors during this time -- don't be afraid to reach out to them!

MS1s: These students have been (quickly) building their base of knowledge and getting some clinical time with their Primary Care Practicum (PCP). Encourage these students to look through the UP web modules and complete a few of them before the summer. Many UP students will be doing RUOP (Rural/Underserved Opportunities Program), MedStAR (Medical Student Addiction Research), or GHIP (Global Health Immersion Program) over the summer and many of the web modules will be beneficial in preparing for these experiences.

[Learn more about UW School of Medicine's Pre-Clinical Foundations Phase here](#) and [the Clinical Phases here](#).

UP events in review

On January 21st, we hosted a hybrid workshop from Seattle, "Navigating Conflict Within and Between Us" led by family physician Dr. Sophia Malik, MD, MPH. In response to the question "How likely or unlikely are you to use information from today's workshop in your future practice?" 90% of students responded "Somewhat likely" or "Very likely." Many scholars found the [Wheel of Consent](#) concept and discussion to be helpful and appreciated the opportunities to reflect on learning from conflicts that arise in medical school and life more broadly.

On April 6th, UP scholars across WWAMI discussed cases related to disability, ableism, and medicine. UP Co-Director Genya Shimkin, MPH, and UP scholar MS4 Ayana Amaechi (Idaho) facilitated the discussions. Students noted that the most impactful aspects of the session included the free-form discussion of the cases as a group, learning about disability benefits in this country, and reflecting on the role of physicians as gatekeepers of benefits and advocates for patients. One student noted that they enjoyed "hearing from [their] peers about their lived experiences. There is so much power in storytelling!" Another student wrote, "I liked thinking and discussing about vaccines and autism with the lens of talking with the parents about autism and ableism rather than just focusing on the misinformation that vaccines cause autism."

Outstanding Underserved Pathway Mentors of 2026

Congratulations to these UP mentors, nominated by their graduating mentees! *Please note that the nomination form closes May 1st so there may be other mentors who will be nominated and recognized at our UWSOM Pathways Graduation in May.*

Seattle physician [Dr. Uyenvy Pham MD](#) was nominated by not one, but both of her graduating mentees! Our favorite quotes from the students' nominating statements: "[Dr. Pham] has always been so conscientious about my personal well-being, going above and beyond the role and responsibilities of a mentor...Dr. Pham demonstrates really well how she fills up her own cup to be the best version of herself for her patients. After decades of practicing in medicine, she has never lost sight of her reason why medicine and her genuine desire to care for the whole human being." and "Dr. Pham has been an extraordinary mentor whose impact on my personal and professional growth has been both profound and enduring...She was a steady, thoughtful presence in moments of uncertainty, helping me navigate difficult decisions about specialty choice, clinical experiences, and future direction. More importantly, she never imposed answers, but instead helped me ask better questions, encouraging me to reflect on what truly brings me joy, purpose, and alignment in medicine."



UP mentor Dr. Uyenvy Pham (L) and graduating UP scholar Catherine Pham

Wyoming physician [Dr. Robert Monger, MD](#) was nominated by his graduating mentee, who wrote: "I am so grateful that the Underserved Pathway connected me with Dr. Monger and that he agreed to be my mentor. Throughout medical school, Dr. Monger made a point to check in with me regularly. He always took note of the milestones (and challenges) I was facing and offered his time, support, and endless encouragement. Sometimes we would meet for lunch, other times for coffee, and when I moved to Washington he made sure we could stay connected by talking regularly over the phone. When I was undecided about going on an international trip after taking Step 1, Dr. Monger encouraged me to take the leap. It turned out to be not only an amazing experience, but also an important lesson in making space for life outside of medical school...He once volunteered to speak on a panel that I and other medical students organized on LGBTQ+ healthcare and reproductive rights in Wyoming."

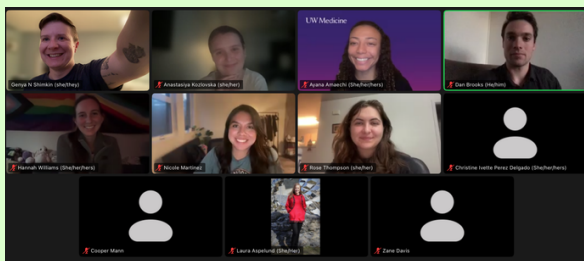


UP mentor Dr. Robert Monger (R) and graduating UP scholar Maddy Prince

Congratulations to the 2026 UP graduates!

We are so proud of our 2026 Underserved Pathway graduates! 70 scholars met the April 1st deadline and will have their completion of the UP noted in the Hooding Ceremony program in May. We anticipate another 12 scholars to meet the April 25th final deadline to also graduate with the UP! These students have gone above and beyond in medical school and their persistence -- even through a pandemic! -- and their commitment inspires us.

We are looking forward to seeing many of the graduates at the UWSOM Pathways Graduation on May 19th on the UW Seattle campus. If you will be in Seattle and would like to join the celebration, we would love to see you. Please email upath@uw.edu for a link to RSVP.



Screenshot from virtual UP peer discussion on 4/6/26

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