

Early Career Mentoring Program
Organized by the
American Society for Nutrition
Early Career Nutrition Interest Group



American Society for Nutrition
Excellence in Nutrition Research and Practice

We often think fondly of the great mentors of our past, ones that encouraged us and positively shaped our career trajectories. Mentorship is not just for trainees; many early career professionals note that they would benefit from continued mentorship as they embark on their new positions, often becoming mentors themselves. For this reason, the Executive Committee Members of the ASN Early Career Nutrition (ECN) Interest Group, who are navigating early career transitions themselves, found the need to create a mentoring program for the early career professionals. Drs. Jill Joyce, Bridget Stroup, Nadeeja Wijayatunga, Joanna K. Hodges, Sahar Ajabshir, and Lauren O'Connor of the ECN Executive Committee led this effort by creating a Mentoring Program, with the support of ASN staff.

The ASN Early Career Mentoring Program was started as a three-month program where mentees are paired with mentors based on their interests and meet monthly during one-hour virtual sessions. Each meeting is preceded by a “best practices” guide to help mentees prepare and make the most of their time with their mentors. Meetings are followed by post-session reflection assignments to encourage mentees to implement helpful guidance. As of summer 2022, the program will have served a dozen ECN members.

Mentees	Mentors
Julie Patterson, PhD, MBA, RDN, LDN	Pao-Ying Hsiao, PhD, RDN, LDN
Joanna Hodges, PhD	Lexi MacMillan Uribe, PhD, RD
Sumira Phatak, PhD	Dylan Bailey, MS, RD
Nadine Mitaki, PhD, RDN, LDN	Michelle Cardel, PhD, RD
Liliana Aguayo, PhD, MPH	Martha Field, PhD
Ashley Toney, PhD	Sabrina Sales Martinez, PhD, RDN
Beth Reverri, PhD, MS, RD	Nathan Matusheski, PhD
Laina Ewoldt, MSPH	Harriet Okronipa, PhD
Rony Zhang, PhD	Heather Eliassen, ScM, ScD
Djibril Ba, PhD, MPH	Terry Hartman, PhD, MPH, RD
Udodiri Agugo, PhD	Barbara Stoecker, PhD
Opeyemi Akintimehin, PhD	Sarah Booth, PhD
Kayode Ajayi, PhD	Sera Young, PhD



Following this program, both mentees and mentors reported being very satisfied with the program. Mentors considered it as a great opportunity to provide a rewarding service to the next generation of nutrition professionals and reported feeling like they learned and gained a lot personally from their mentees as well.

The next round of the program will be six months long with bi-monthly mentoring sessions in Aug, Oct, Dec 2022, and Feb 2023. The **deadline for applications is June 30, 2022**. Click [here](#) to learn more or contact Dr. Joanna K. Hodges at hodges.466@osu.edu.

[Application for the EC Mentoring Program \(link to the application form on an external website\)](#)