

Paras currently has 2 official mentees, and several unofficial mentees. Per Paras, "If you ever need motivation and guidance with PNDP or SLC, I am here to help. If you are feeling burnt-out and need some Caritas LOVE in your life, I am also here to support you renew your nursing spirit."

Paras firmly believes that mentorship at Stanford is an exciting opportunity to expand one's professional practice, and it provides a wonderful chance to grow while helping another nurse advance in their role. Paras hopes all SHC nurses will consider this engaging opportunity in the future.

When Paras Barnett, BSN, RN, HNB-BC, CMSRN, was a new grad 5 years ago, she felt overwhelmed, and she hoped for someone to help provide guidance and understanding of what she was going through. She knew then the importance of having a supportive mentor who could take her under his/her wings as she transitioned into becoming an excellent SHC nurse that she aimed to be. Shortly after building confidence and competence, Paras embraced a passion for mentoring other nurses and healthcare professionals.

Stanford Health Care Program Nursing Mentorship

Mentoring is a reciprocal learning relationship in which mentor and mentee agree to a partnership where they will work collaboratively toward achievement of mutually defined goals that will develop a mentee's skill, abilities, knowledge and/or thinking. The SHC mentorship program is based on The Learner-Centered Mentoring Model, which is based on self-directed learning facilitated by a Mentor.

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