SUGGESTED MENTORING ACTIVITES

You may know as a mentoring pair what you want to do during your time together. But if you need some ideas on what to do, the following list is a great place to start.

**Career Conversations**

* Discuss the mentor’s educational background and the role of educational preparation in his/her field
* Talk about current event or issue in the mentor’s field
* Schedule a shadow visit, if appropriate

**Job Search Process**

* Review the mentee’s resume and/or cover letter
* Lead the mentee through a mock interview
* Discuss how to best look for jobs/internships in the mentor’s field

**Graduate School Consultations**

* Share what the mentor learned about navigating graduate school
* Discuss how the mentor worked with advisors
* Talk about how the mentor prepared for the transition from school to the professional world

**Mentor’s Story**

* Talk about how the mentor has balanced personal life and career and what to expect
* Discuss what the mentor would have done differently at UMW if he/she could do it over
* Talk about how the mentor has dealt with personal or professional challenges

**Networking Pursuits**

* Introduce the mentee to colleagues or other contacts
* Attend a professional association meeting or conference together
* Guide the mentee in how to conduct an informational interview