



SUGGESTED MENTORING ACTIVITIES

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 their field.
- ✓ Talk about a current event or issue in the mentor's field.
- ✓ Schedule a shadow visit, if appropriate.

Job Search Process

- ✓ Review the apprentice's resume and/or cover letter.
- ✓ Lead the apprentice 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 university if they could do it over again.
- ✓ Talk about how the mentor has dealt with personal or professional challenges.
- ✓ Discuss the ways in which being active in a professional association has helped the mentor.

Networking Pursuits

- ✓ Introduce the apprentice to colleagues or other contacts.
- ✓ Attend a professional association meeting or conference together (ACDA national, region, and state conferences are great opportunities).
- ✓ Guide the apprentice in how to conduct an informational interview.

Adapted with permission from the Stanford Alumni Mentoring Program, Career Development Center, Stanford University.