



TALKING TOPICS

Monthly check-ins on grades and classes are important but getting to know one another beyond academics is the key to a holistic mentorship. There may be some times (especially early in the relationship) that you might need some ideas for things to talk about during your meeting so here is a list to reference. As you can tell, there are many prompts that will break the ice and/or lead to deeper communication. Choose the ones that best fit your mentorship.

- Talk about topics like current events, family history, hobbies, interests, etc.
- Spend time learning more about each other on a personal level before beginning any formal mentoring activities.
- Determine the ground rules for working together.
- When and where you will meet? In person or in a digital environment? If in-person, try a new coffee shop, the Union or the library!
- What about confidentiality? *Can we share our conversations? What is private?*
- Share your stories: Successes, failures, and challenges. What experiences were helpful?
- What would each of you like to be remembered for after you leave your school?
- Discuss mentee's strengths and how to enhance their growth. What do you do best?
- Discuss mentee's needs and how to work on them. How is criticism best received?
- Identify 3 goals to work on together related to academic or personal growth.
- Encourage involvement outside the classroom. Discuss mentee's interests in student organizations, research, volunteering, or leadership opportunities.
- Look into professional development. How can the mentee enhance their resume with new experiences?
- How is the student connecting with peers? Are they making time to network and build connections?
- Discuss time management.
- Discuss budgeting and money management.
- Discuss healthy habits.
- Discuss stress factors.
- Are there any campus resources or fellow colleagues you can connect your mentee to?
- Discuss how each of you think that your habits influence your success.
- Discuss any generational differences that may come into play during the mentorship.
- Discuss a quote that has certain meaning or inspiration for you.
- Discuss a meaningful situation in your life that makes you who you are today.
- Who is a role model who has been influential in your life? How has this person influenced your decisions or beliefs?
- Where do you see yourself in 5, 10, 20 years? What are you doing? Where are you living?
- Exchange jokes or funny stories to touch base with this side of yourselves.
- Help your mentee identify upcoming challenges (deadlines, conflicts, fears, etc.), and plan with them on how to prepare.
- Prepare for the end of your formal mentoring year: evaluate the lessons learned, directions taken, and what is still needed to be accomplished. Perhaps give a small gift.