

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 his/her field
- Talk about current event or issue in the mentor's field
- Schedule a workplace visit, if possible

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

Post-graduate Study and Transition Consultations

- Share what the mentor learned about navigating post-graduate study
- Discuss how the mentor worked with mentors and/or advisors
- Talk about how the mentor prepared for the transition from university 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 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, if possible
- Guide the mentee in how to conduct an informational interview

Goal-Setting and Career Strategy

- Ask questions to assist the mentee to clarify short-term or long-term career goals
- Discuss how those goals might be achieved in the context of the mentoring partnership
- Monitor progress made toward goals, guide mentee to determine next steps
- Reflect on outcomes with your mentee – provide feedback

IMP

The Industry Mentoring Program (IMP) has matched Griffith Students with Industry professionals for career development learning and industry exposure. We support hundreds of mentoring relationships throughout the year, in a wide range of backgrounds and industries.

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