

Mentor-Mentee Activity List

Here is a list of ideas for potential activities you can do with your mentee/mentor! Feel free to use all or none of these ideas and come up with your own!

1. Envision The Future

- a) Passion and professions (e.g., things get you excited, reason for graduate school, doing research)
- b) Talk about your goals in 1 year, 5 years and 10 years (e.g., jobs, living areas, family, social status, achievements/personal reputation)

2. Help Session

- a) Introducing possible resources that can support mentees (e.g., people, books, workshops, graduate school advice, resolving conflict, opportunities)
- b) Life advice (e.g., work-life balance, relationship/financial management)
- c) Documents editing (e.g., important email, scholarship applications, abstract)
- d) Talk rehearsal (e.g. conference presentation, committee meeting, important talks to supervisors/funding agencies etc)
- e) Project discussion (e.g., troubleshooting strategies, research progress)
- f) Feedback session (e.g., improving the mentoring relationship)

3. Career Talk

- a) Review CVs/resumes or cover letters
- b) Mock interview (e.g., company/academic lab interviews, targeted/general)
- c) Information interview (e.g., job hunt experiences, get references, salary negotiations, a typical working day)
- d) Networking practice (e.g., cold call practice, conversation starters, elevator pitch, taboos)
- e) Job shadowing

4. Fun Time

- a) Interests outside of school (e.g., weather, celebrities, dramas, music, hobbies)
- b) Plan a weekend trip (e.g., Bike ride, running, swimming, hiking, movie time)
- c) Share your favourite food/drinks (e.g., donuts, pumpkin spice latte, local food)
- d) Send a note (e.g., thank you card, encouraging note, memes)

5. Final Meeting

- a) Reflect (e.g., review mentor/mentee agreement, goals achieved, areas to further improve)
- b) Final questions
- c) Keep in touch (e.g., method of communicating, relationship after the program)
- d) Celebrate