

Suggested Topics for TEAM Mentoring Program

These are just suggestions. Follow your instinct on when you need to cover certain topics with your mentee. Some weeks will just be check-ins, some mentees will be very open about their needs.

Meeting 1	<ul style="list-style-type: none"> • Build rapport, get to know your mentee and ask them about what kind of support they need. • Talk about which seminars might be most helpful to them. They only need to attend 2, but many of them will be helpful.
Meeting 2	<ul style="list-style-type: none"> • Review ASICS recommendations • Help your mentee set goals (SMART Goals), not just academically either. Talk about how to meet those goals.
Meeting 3	<ul style="list-style-type: none"> • Planning ahead to avoid getting behind. Have them tell you about their organizational strategies, and large project management. • Practice breaking down one of their large assignments with mini due dates.
Midterms	<ul style="list-style-type: none"> • Around Midterms, ask how they think they are doing in each of their classes. Write this down, and after midterm grades come out you can spend some time comparing the anticipated vs. actual grade and talk about any differences. <i>NOTE: Your mentee may not be comfortable disclosing their grades to you. Make sure to approach the matter gently, and if they don't want to share their grades, just have a general conversation about what steps they can take to improve their grades further.</i>
Other Topics	<ul style="list-style-type: none"> • Communicating with professors when there is a problem. Even more valuable; communicating with professors when there isn't a problem. • Career planning and choice of major. • Using campus resources (tutoring, career services, health and counseling, etc.), which might be helpful to your mentee, and why these things are helpful even if they don't think so.