

# ALUMNI AND STUDENT CONNECTIONS MENTORING PROGRAM

## Mentor-Mentee Activity Ideas

- Review resume/curriculum vitae with each other to create a foundation of what they have done, where they have been and where they would like to go.
- Take your favorite personality or behavioral assessment with your mentee/mentor to learn how best to work and communicate with each other.
- Attend a professional meeting together and introduce mentee/mentor to other professionals in the field.
- As appropriate, include mentee/mentor in one of your meetings or conference call and discuss with them some of the tasks you are currently working on to help them understand your role better.
- Provide your mentee/mentor with a one-on-one training session of a presentation that you have recently given/put together and provide feedback.
- Schedule lunch or a meeting with mentee/mentor and other professionals in your field to discuss everyday challenges you may encounter in your work.
- Attend a training program, conference or lecture series together.
- Review mentee's resume and offer suggestions for improvement.
- Read a book (or specific chapters) and talk about it together.
- Create a vision statement with your mentee/mentor that captures where he/she wants to be in five years and what he/she wants to be known for; review and discuss together.
- Talk about the types of people you find most difficult to work with and discuss strategies for more effective interactions with them.
- Ask your mentee/mentor to share their biggest weaknesses and figure out ways to strengthen skills in these areas.
- Review industry/organizational charts to help the mentee/mentor understand who fits where.
- Describe the most challenging moment in your career and how you handled it.
- Share career stories. Stories could include the beginning of your career, changes you made along the way, or high and low points during your career. You may want to discuss experiences that were helpful although you may not have realized them at the time they were occurring.
- Exchange and discuss potentially useful articles.
- Talk about mentors or role models each of you has had in the past and how they impacted your life or career.
- Create a specific list of learning activities (similar to this document) to consider as you plan your time together.
- Discuss the following question: What keeps you up at night regarding your position?
- Discuss some of the "unwritten rules" you have observed or learned about success in the workplace. How does it look differently in the places you have worked and what lessons have you learned?



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