

Mentor/Mentee **DISCUSSIONS**

The purpose of this packet is to prepare our pairs for some guided conversations. We are giving you a framework to start conversations. We encourage you to use these as a starting point. Our goal is to foster a professional relationship between students and alums. Please consider the following as you enter the program discussions:

KEEP YOUR COMMITMENTS

BE RESPECTFUL

BUILD THE
RELATIONSHIP

SEND A BIRTHDAY CARD, WRITE A
THANK YOU NOTE, ENCOURAGE EACH
OTHER, AND ADD VALUE

BE MINDFUL OF EACH
OTHER'S TIME

RESPECT EACH OTHER'S
BOUNDARIES

IF CONFIDENTIAL INFORMATION IS SHARED WITH YOU PLEASE
KEEP IT CONFIDENTIAL

One more thing: please take photos if you complete a shadowing opportunity, attend a professional/organization event together, or meet in person.

Photos can be submitted to Dr. Maribeth Hearn at mhearn@stfrancis.edu with "SAM" in the subject line. You can also email Dr. Hearn with questions or suggestions.

SAM 23-24

NOV 3, 2023

INTRODUCTORY MEETING

*DURING YOUR DISCUSSION CONSIDER THESE
QUESTIONS:*

(NEXT MEETING DEC 1, 2023)

1

Where did you grow up?
What did you like most about it?

2

What is your educational background?

3

How did you discover your
professional/educational path?

4

What are you passionate about?
Do you volunteer anywhere?

5

What quote or motto is your favorite? Why?

SAM 23-24

DEC 1, 2023

STRESS MANAGEMENT

*DURING YOUR DISCUSSION CONSIDER THESE
QUESTIONS/STATEMENTS:*

(NEXT MEETING JAN 5, 2024)

1 How do you cope with stress?

2 Do you believe stress is good or bad? Why?

3 In general, are there situations or events
that cause your stress (stress triggers)?

4 Is there anything specifically causing you
stress now?

5 If so, can we brainstorm ways to manage it?

SAM 23-24

JAN 5, 2023

GOAL SETTING

DURING YOUR DISCUSSION CONSIDER THESE
QUESTIONS/STATEMENTS:

(NEXT MEETING FEB 2, 2024)

1 Discuss the purpose and impact of goal setting.

2 How do each of you set goals?
What tools & resources do you use?

3 What strategies do you use to develop
and/or refine your goals?

4 Discuss each of your current long-term,
then short-term goals.

5 How does your mentor remain
accountable to their goals?

SAM 23-24

FEB 2, 2023

STRENGTHS & WEAKNESSES

DURING YOUR DISCUSSION CONSIDER THESE
QUESTIONS/STATEMENTS:

(NEXT MEETING MAR 1, 2024)

1
Discuss each of your strengths.
How do your strengths show up for you?

2
What gets you in trouble? Examples?
How can you improve it?

3
What strategies do you use to develop
and/or refine your goals?

4
Mentors, how did you develop a
professional development strategy?

5
Discuss ideas and actions steps for your
mentee's professional development.

SAM 23-24

MAR 1, 2023

GIVING & RECEIVING FEEDBACK

*DURING YOUR DISCUSSION CONSIDER THESE
QUESTIONS/STATEMENTS:*

(NEXT MEETING APR 5, 2024)

1

What did you enjoy about the SAM program this year?

2

What would have made the program better overall?

3

Specifically, what could have improved your personal experience?

4

Are these behaviors getting in the way of your success?

5

Discuss ideas and actions steps for your mentee's professional development.