

Mentee and Mentor Developed Activities to “Recharge” Your Mentoring Relationship

QCC Mentoring Participants developed these ideas to get to know their mentee/mentor better, and use some creative methods to do so in a remote or in person environment. You can use these any time if you are not sure of what to discuss in your monthly meeting. This is a great way to get to know your match better as a whole person, rather than “student” or “professional.” The format is” One question that guides the activity, and one activity you can use to answer the question.

Guiding Question	Activity to Focus on Question
What are your favorite past time activities?	Describe some of your attributes without explicitly stating what your past time activities are. Then discuss to try to determine each other’s past times based on word descriptors.
What special skills do you have?	Demonstrate a Skill over Video Chat
What is the most difficult obstacle you've had to face while in school or college (education)? (be flexible/adaptable as challenge could come from work/or other areas	List/brainstorm – How did you overcome the obstacle? Then get into the deeper reason - of "why you are here" - what is your why?
Who is a person, or people who have inspired you?	Come up with a 2-3 minute story or "elevator speech" about the person who inspired you.
Finding your path after the pandemic (for people to discuss what they would like to do, study, pursue. If they feel lost). What would you like to accomplish <i>after</i> the Pandemic?	Create a collage or other visual <u>OR</u> a document <u>OR</u> a PowerPoint slide with your goals and aspirations once the pandemic is complete
What are your hobbies or interests?	<ul style="list-style-type: none"> - Build a shared Pinterest board about both participants’ hobbies. - Get three items from your home that represent your interests to share at your Zoom meeting, let the other person guess your interests
How do you see yourself in your work? (Current work or future work).	Build a Pros/Cons list for your aspired career. Find images to support the pros and cons of the career you chose.
What is your favorite course at QCC (Mentee)? What is your favorite course you have ever taken (Mentor)?	Both participants identify their favorite course. If possible, share one assignment, reading, or lesson from the course. What made it such a positive or memorable experience? Mentors can dig out old essays or projects to share if possible.
What short term goals do you have? Glow and Grow/Wins & Opportunities	Mentor and mentee set short term goals to accomplish at the end of each meeting, to complete before the next meeting.

What has been your greatest achievements each week/month?)	Can be personal or academic, and achievable in just one month!
What has been a challenge or something you need to work on?)	Check in on goals with weekly texts if interested. Mentors and Mentees should create goals, not just mentees.
What do you want to do with your degree?	Create a Jamboard journey to collect ideas and resources.
What are some of your most memorable memories or impactful experiences?	Use story telling framing (eg share a memorable family or friend memory) to play two truths and a lie. Two true stories, one made up story.
What is your dream vacation?	Share pictures, stories, as to why you chose the dream vacation destination.
What are your goals for the upcoming year?	Mentees and Mentors can create SMART Goals for the upcoming year, or for the summer break: https://www.smartsheet.com/blog/essential-guide-writing-smart-goals
Who were your favorite teachers, and why?	Both mentee and mentor describe their most impactful or favorite teacher. If interested, write them a thank you email!
What has powered you through this week? What are you grateful for?	Both mentee and mentor find something that powered them through the week- and list a few things they are grateful for.
Discuss cultural differences and customs	Both mentee and mentor describe something about their family, or their culture that they find unique. Could be a family tradition, or a cultural practice.