

## Mentor Guide March 2025

Reminder: Please set healthy boundaries with your mentees. Also, please be sure to engage and share, as your energy and willingness to be present sets the vibe for the meeting.

- Ice Breaker
  - What's the best piece of advice you've ever gotten, and when has it come in handy?
  - You both share something personal, something professional and something peculiar. Please share at each of your own comfort level. You can skip one of the parts if you don't have anything you would like to share.
- How have you been? Anything that is timely or important to you that you would like to talk about?
- 3-year plan
  - How many classes do they need to fulfill their degree?
  - Understand the value of the associate degree
    - Whether you want to transfer or use the degree as is, it is usually a good idea to get your associate degree before leaving as it can open doors and gives you a security blanket in case you ever need to take a break.
  - What are your goals beyond the degree?
    - Do you want to transfer?
    - Get any internships or fellowships?
  - IF they are close to degree or goal, what comes next?
    - What do they want to do in the first year of their position?
    - Is this position a position that they want to stay in, or gain experience before moving on to another position?
    - What connections would be helpful?
    - Will they need certain skills?
      - Have they taken a look at the next position description to see what current employers are looking for on average?
  - Draw 3 Buckets on a blank sheet
    - The 1<sup>st</sup> bucket is the next year
    - The 2<sup>nd</sup> bucket is year 2
    - The third bucket is year 3
    - With these 3 buckets, put different things you want to achieve inside the buckets. Things you would like to achieve can be related to academic, work, family, etc.
      - Examples:
        - Secure an internship/job that meets my professional goals
        - Create a healthier work/school/life balance that enables me to spend more time with loved ones
        - Graduate from QCC
        - Begin researching and gathering information to transfer to another school
        - Transfer to another institution
  - This activity can help them visualize their time at QCC and plan better