



# HELPFUL SUGGESTIONS

## THE FIRST MEETING

Talk with your mentee about how you see your role as a mentor, and discuss their goals for being mentored. Try to get a sense of the student's broad range of experiences, and of the different topics the student would like to explore with you over several meetings.



## SAMPLE TOPICS

Tell me about your academic experience in this field in high school, at Yale, and in the professional world.

What led you to your interest in this field?

What are some strengths you have in this field?

What are some challenges or questions that you're encountering?

## BEFORE THE FIRST MEETING IS OVER

Make a plan with the student for further meetings and discussions. Try to determine how little or how often you'd both like to meet and how structured or freeform you want the meetings to be.



## SUBSEQUENT MEETINGS

You could begin with a general check-in; how is the student doing that week/month? How have things changed for them? Anything to celebrate or anything of concern? Talk about multiple possibilities and paths for any topic.

Towards the end, you could also have students reflect on what they might do in the coming weeks to make progress on whatever topic they are discussing with you.