



# SUGGESTED ACTIVITIES AND DISCUSSION TOPICS

## ACTIVITIES

- Go to lunch and/or coffee together
- Read an article or book together and discuss lessons learned
- Attend an event on campus, such as a signature lecture, concert or athletic event
- Attend a TED talk together
- Attend a conference or industry presentation together
- Volunteer in the community
- Develop a 5-year strategic career plan
- Create a professional development plan
- Introduce mentee to additional mentors who could be helpful to them
- Schedule regular professional development opportunities
- Identify and introduce the mentee to additional mentors who could be helpful to the mentee

## DISCUSSION TOPICS

- Share formative events that were turning points in your career and who/what helped along the way
- Share about the Tuition Assistance Program (TAP) and whether there are opportunities for further education
- Discuss where you see yourself in five years. Ten years.
- Talk through work/life balance concerns
- Provide advice regarding serving on committees or boards
- Examine strategies and resources for personal and professional development
- Discuss leadership issues and strategies
- Share time management strategies
- Review presentation and public speaking techniques
- Discuss teaching, advising, and relating to coworkers/employees