Mentorship Discussion Topics

1. Getting to know each other
   - Identify areas of student interest and future plans
   - Share any personal experiences helpful to the student
   - Share any possible opportunities related to the student's career choice.

2. Advising on professional dress
   - Applicable dress code for the student's career choice
   - Appropriate interview attire can vary by work environment
   - Encourage the student to present themselves appropriately even in class

3. Building a resume
   - Styles may vary according to the student's career choice
   - Neatness counts and spelling matters
   - Certain things must be included such as education, work history, skills, and references

4. Instructing on soft skills or the personal attributes needed for workplace success
   - Punctuality (for appointments and class)
   - Limit cell phone usage
   - Email etiquette and proper verbal and written communication
   - Teamwork/interpersonal relationships, conflict resolution, and ethical behavior

5. Coaching time management
   - Balance priorities
   - Plan ahead and have a plan B
   - Manage personal, work, and educational deadlines

6. Learning to manage stress
   - Learn from mistakes
   - Focus on your goals and persevere- Don't give up!
   - Encourage them to seek help (campus resources may be available) if they feel overwhelmed or possibly depressed

7. Developing organizational skills
   - Tips for juggling class notes and materials
   - Calendar and records management (make notes of deadlines and ArFuture reporting requirements)

8. Managing financial decisions
   - Make smart money choices (credit card debt)
   - Be careful to only borrow the amount needed for education related needs-loan repayment is a real thing
   - Guard against impulsive spending and credit decisions
   - For additional tips visit: