



Engagement Checklist for Mentors

Overall Check-In

- Professional, Personal and Social “Wins”
- Discuss Classes - How are they going? What are you enjoying? Any challenges this semester? What is coming up for you?
- Goal Setting - What would you like to accomplish?

Learning Together

- Talk About Industry Trends - Read articles and listen to podcasts (Debrief over lunch and share perspectives)
- Current Events - What news has caught your attention?
- Navigating Life Post-Graduation - Discuss adjustments to life after graduation, and the learning curves involved

Shared Activities

- Skill Swap - Teach each other a skill (Work or Hobby Related)
- Reverse Mentoring - Have mentee share their knowledge
- Shadowing - Showcase your day-to-day and introduce colleagues
- Get Together - Coffee, Lunch or Dinner (Try new spots together)
- Vision Boards - Both of you set short-term/long-term goals and check-in on progress (Hold each other accountable)
- Mock Interviews or Mock Presentations - Give feedback to mentee
- Attend a webinar or workshop together
- Gratitude Journal - Reflect on what you are grateful for and share
- Go back and forth answering “This or That” questions
- Engage in a Fun Challenge - Compete against each other



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Hobbies

- Creative Hobbies - Writing, art, photography, music, etc.
- Physical Hobbies - Sports, fitness, dance, hiking, etc.
- Educational Hobbies - Languages, reading, podcasts, etc.
- Culinary Hobbies - Cooking, baking, restaurants, gardening, etc.
- Social Impact - Community service, volunteering, etc.
- Traveling - Favorite locations, road trips, recommendations, etc.
- Personal Development - Meditation, journaling, church, etc.
- Technology - Video games, coding, robotics, etc.
- Collecting - Baseball cards, Legos, key chains, mugs, etc.
- Entertainment/Media - Movies, TV, music, etc.
- Family - Significant other, children, relatives, pets, etc.
- Bucket List - Share bucket list items and talk about hopes/dreams

Best Practices



Pick a few engagement items at a time and check them off the list!



If you find one that works well then recycle it with a new spin!