

Suggested mentoring activities

Please consult the suggested activities to help plan your experience. The 10-hour program will unfold differently depending on the number of meetings, the activities you jointly decide upon, the mentee's individual and professional growth objectives, as well as the mentor's competencies, capacities, and availability.

As a mentee, you can engage in various activities, participate in journaling and reflection exercises, or explore any other activities that align with your professional development goals, as specified in your program application. Don't hesitate to bring up suggestions that go beyond the options listed here.

As a mentor, you can propose activities based on your field of expertise and the discussions held during your initial meeting. While some of the suggestions below may not be feasible due to the nature of your work, you are encouraged to introduce ideas that haven't been covered in this list.

Experience the work setting:

- Invite the mentee to shadow the mentor for an hour or afternoon as you run a meeting, carry out programming or perform an experiment.
- Invite the mentee to attend a professional event (conference, presentation, ...).
- Set up meet-and-greets between your mentee and your office colleagues (about 15 minutes per colleague) so they can learn about how different roles work together and towards team goals.
- Invite the mentee to volunteer at an event you/your unit is hosting.

Personal and professional development:

- Share experiences and lessons learned during an [informational interview](#) where the mentee comes prepared with questions.
- Review a CV and cover letter. Perform a mock interview.
- Introduce the mentee to contacts in mentor's network.
- Read an academic article and discuss it together.
- Observe the mentee giving a presentation and offer feedback.
- Suggest [professional development workshops](#) or courses for your mentee to attend.
- Suggest the mentee perform some [research on their careers](#) of choice.
- The mentee can set up their [ePortfolio](#), the mentor can review it and offer feedback.
- The [Goal setting activity](#) can be done in the beginning to inform the experience, or towards the end to provide the mentee with actionable next steps.
- The [Reflections activity template](#) can be completed by the mentee to unpack a past activity to further discuss or it can be completed near the end of the mentorship experience.