

Mentor – areas for discussion and key messages

Getting to know each other - Mentor tells about their self; asks student to tell about themselves. Hobbies, family, etc.

Exploring different careers and the training/education required

What type of traits are employers looking for? What can young people do to position themselves well for future job?

What is it like to fill out a job application? Phone interview? Onsite interview.

What are areas they want to improve upon in their life? How are they going to achieve what they want?

Setting goals for their academic performance, social interactions, education path, career. Being accountable for their goals.

Importance of decisions – how the decisions they are making now can affect their future employability – background checks, medical

Priority setting, time management and exploring their study/work habits/routines

Respect for self, family, teachers, peers, diverse backgrounds

Looking at how they respond to situations. Sometimes it isn't what you do that gets you in trouble as much as how you respond (talking back to teachers, etc.) Sometimes you have to agree to disagree.

How do you deal with difficult people? How do you deal with conflict?

First impressions and professionalism

How to navigate through peer pressure

What are some things they are having trouble with at school, home and socially? How can they improve?

What are their strengths & weaknesses? How can they expand upon their strengths and how can they improve upon their weaknesses?

What are their favorite things and what do they like and why? (Favorite hobby, school subject, teacher, etc.) How can they harness the energy of what they like and apply it into other areas of their life?