



SUGGESTED DISCUSSION TOPICS, RESOURCES, & ACTIVITIES

Personal Topics (college life / interpersonal skills/ self-care / personal development)

- Share time management strategies
- Review presentation and public speaking techniques
- Identify tutoring and academic support services at AUP

(ARC website: aup.edu/academics/academic-career-resources/academic-resource-center)

- Explore ways to get involved in the AUP community

(AUP Student Life: aup.edu/student-life/get-involved)

- Discuss handling disagreements or conflict

(Role play difficult discussion with roommate, fellow student, or professor)

- Identify stress management and mindfulness techniques

(AUP Wellness: aup.edu/student-life/activities/clubs-and-organizations/sports/wellness)

- Review resources in the event of illness; reaching out in cases of overwhelm or feelings of depression

(Health Office and Student Counseling: (aup.edu/student-life/support/health-wellness))

- Discuss setting a challenge, planning, implementing and reflecting on what you have learned
- Consider how you make decisions: reflect on an important decision you have made. How did you make it? How do you feel about your decision, looking back on it now? What would you do differently? Important decisions in a student's life include selecting a major, deciding on an internship opportunity, deciding whether to apply to graduate school and which one to attend, etc.

Academic Topics

- Examine and research scholarship, fellowship and other research opportunities
- Identify formative events that were turning points in your academic career and who/what helped along the way; what might you have done differently?

- Talk through academic interests, including possible graduate school plans
- Discuss potential future courses for academic and professional exploration

AUP course browser: catalog.aup.edu/course

Review manuscripts, writing samples, and/or grant applications

Assist with developing portfolios

Provide feedback on potential research topic

Career Topics

- Discuss pros and cons of your current career
- Explore career options of interest to mentee

*Career exploration resources available through the Career Center:
aup.edu/academics/career-center/students/resources*

Virtual tour of the mentor's company/organization

- Discuss formative events that were turning points in your career and who/what helped along the way; what might you have done differently?
- Discuss potential technical skills necessary for future career

LinkedIn Learning (free for students): [linkedin.com/learning-login](https://www.linkedin.com/learning-login)

- Discuss the importance of networking in person and online

Prepare for a networking event or initiative

Review mentee's LinkedIn profile

- Review the advantages of informational interviews and how to appropriately reach out to professionals to ask for an informational interview

Introduce the mentee to a fellow professional in mentor's network

Connect with other mentor/mentee pairs

- Brainstorm ways to stand out during the application and interview process for an internship or job

Review CV/resume and/or cover letter and provide feedback

Set up a mock in-person or phone interview

- Discuss teaching, advising, and relating to coworkers/employees

- Discuss employment tracks and opportunities available in mentor's sector/industry

Vault Online Career Library: aup.edu/academics/career-center/students/resources

- Provide personal branding advice

Review Global Talent Portal: my.aup.edu/global-talent-portal