

Mentoring Topics:

Below is a list of sample topics that may come up during your mentoring conversations.

| Class Year | Academic | Professional |
|---|--|---|
| <p style="text-align: center;">First-Year</p> <p>For many first-year students, college is their first time living away from home. It is a stress filled time as they adjust to new academic and social pressures. They are confronted with a variety of decisions allowing them to further develop their own identities. First-year students face a variety of issues including:</p> <ul style="list-style-type: none"> • Cultural difference • Making friends • Becoming independent • Managing failure • Managing time • Developing healthy habits (e.g. eating habits, mental health, substance abuse, etc.) • Coping with stress* <p>Note: Many of the topics listed under “First-Year” are relevant to other class years.</p> <p>* You must not take on the role of the student’s counselor. If you are concerned about a student, believe he or she could benefit from assistance or needs immediate intervention please contact the Dean of Students Office and/or Campus Police and refer him or her to campus resources. For more information on indicators and a list of resources, click here or visit our resources page.</p> | <ul style="list-style-type: none"> • Choosing classes • Developing study skills • Maximizing faculty office hours • Understanding expectations • Asking for help • Utilizing academic support services | <ul style="list-style-type: none"> • Exploring careers • Attending career & employer information sessions • Building professional skills • Gaining work experience through work study or part-time jobs • Getting involved in extracurricular activities • Serving the community • Writing first resume • Searching for an internship or summer job |
| <p style="text-align: center;">Sophomore Year</p> <p>Sophomore year is often characterized as a time in which the newness of college and thrill of being away from home fades. It is replaced by pressure to declare a major, choose a career, decide whether to study abroad, and find a group of friends. It can be a time of uncertainty, growth, and lack of motivation. Without the structure of the first year, sophomores may feel lost, stressed, and relationships may feel complicated.</p> | <ul style="list-style-type: none"> • Declaring a major • Deciding whether to study abroad • Classes with upperclassmen | <ul style="list-style-type: none"> • Connecting interests to experiences • Changing/challenging values • Writing cover letters • Learning how to network with professionals • Developing interview skills |

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| <p style="text-align: center;">Junior Year</p> <p>Many students choose to study abroad during all or part of their junior year. As a result, juniors may find that their core group of friends is away from campus. Those who are abroad may experience culture shock and homesickness. Students who are abroad may find searching for an internship very challenging.</p> <p>Students returning from studying abroad may experience “re-entry shock.” While students may anticipate things to be different in another country, they do not always anticipate things being different or experiencing their world differently when they return. He or she may have an idealized view of home or the expectation that nothing at home has changed while he or she has been away. While experiences vary, some may experience boredom with his or her surroundings, reverse homesickness, trouble articulating your experiences and its value, dissatisfaction with life, change in relationships, and general questioning.</p> | <ul style="list-style-type: none"> • Study abroad • Deciding whether to write a senior thesis | <ul style="list-style-type: none"> • Leadership – definition, styles, examples • Preparing for grad school & entrance exams • Requesting recommendations and/or references • On-Campus Recruiting & internship search |
| <p style="text-align: center;">Senior Year</p> <p>Seniors approaching graduation have many obvious stressors such completing his or her thesis, after graduation plans, and overall anxiety around leaving and entering the “real world.” Some seniors will also struggle with other issues such as negotiating salary, securing housing, family responsibility, and managing personal finances.</p> | <ul style="list-style-type: none"> • Thesis • Graduation | <ul style="list-style-type: none"> • Grad school • Job search • Professional behavior • Establishing credibility |