

# Suggested Mentoring Activities

The following advice is from the IMP team, who hope your mentoring partnership will be fulfilling and meaningful.

## Getting started

You may already have a clear sense of the work you would like to do in your mentoring partnership. But, if you need some ideas, the following list is a good place to start!

## Career Conversations

The heart of many mentoring relationships, career conversations offer a fluid, personalised way to create space for open communication and mutual understanding between mentoring partners. Topics could include:

- The mentor's educational background and the role of educational preparation vs. on-the-job learning in their field
- Emerging issues or priorities in the mentor's industry, or any trends they are noticing
- Workplace and cultural norms for their particular industry, and how to navigate these.

## Job search process

While Griffith Industry Mentees have excellent access to high-quality career development support through Griffith's Careers and Employment Service, the mentor's industry knowledge could be just the thing to give them the edge! Topics/activities could include:

- Reviewing the mentee's resume or cover letter
- Allow the mentee to view the mentor's resume or cover letter for insight into professional communication and career trajectory
- Lead the mentee through a mock interview
- Discuss how best to seek work experience/internships or graduate roles in the mentee's field of interest

## Postgraduate study and/or transition conversations

Just as a mentor's professional experiences are highly relevant to their mentee, the same can be said for any postgraduate study experience, and indeed the experience of transitioning from the academic to the professional environment in the mentor's industry. Topics could include:

- Share any tips and tricks about navigating postgraduate study
- Discuss how the mentor worked with supervisors, mentors or advisors
- Discuss any lessons learned – what would the mentor do differently if they were to repeat the experience?
- Talk about any strategies the mentor used to transition from university into their profession

## Share your stories

You'll learn a lot about how best to work together by sharing your personal stories and experiences. Topics could

include:

- Talk about how the mentor has balances personal life and career, and what the mentee can expect to experience through this process
- Discuss what the mentor would have done differently if they could live their time at university again
- Talk about how both parties have navigated personal and professional challenges

## Network together

Consider how you might be able to assist one another to grow your professional networks:

- Guide the mentee through how to conduct an informational interview, and provide introductions to relevant contacts
- Attend a professional association meeting, conference or other networking event together, if possible
- Introduce one another to your networks where possible

## Goal setting and career strategy conversations

In brief, goal-setting is important because it provides direction and structure to your partnership Try the following suggestions, and for more information on this topic, please review out [Goal Setting Guide](#):

- Ask questions to help the mentee clarify short- and long-term goals
- Discuss how these goals might be achieved in the context of the mentoring partnership
- Record goals and monitor progress on your Relationship Dashboard
- Reflect on outcomes together, providing feedback and brainstorming next steps

## We are here to help

If you would like support with any aspect of your mentoring partnership or experience, please do not hesitate to contact us.

## CONTACT

Nicole Chambers      Career Development Consultant and Industry Mentoring Lead

[n.chambers@griffith.edu.au](mailto:n.chambers@griffith.edu.au)

---

Breeda Crowley      Industry Mentoring Coordinator

[b.crowley@griffith.edu.au](mailto:b.crowley@griffith.edu.au)

---