



**Virtual Mentoring
Tip Sheet (No Closure)**
October 5, 2020

REMEMBER

- You know your mentee best. Think about what they might be experiencing, thinking, feeling, needing or how they might behave during the session and how you can prepare to support them (and consider the same for yourself).
- That a parent/guardian or other family member may be present or in the vicinity. To that end, please keep your conversation to a level that doesn't involve personal disclosure, sensitive or confidential information about a family member.
- If anything challenging or difficult comes up or occurs, we will help manage that. Site Coordinators will also be apprised of what takes place during the conversations and will provide support if needed.

GETTING STARTED

- Think about how your mentee might experience the session; i.e., if they are more tactile and like to keep busy; aren't comfortable with eye contact, etc., and how to plan for that.
- Think about where you last "left off," and how you might be able to make that an immediate connection point, such as:
 - "Last time we saw each other, you were working on ____ or we were doing _____. Have you done anything more with that since then?"
 - "When I last saw you, my hair was a totally different color than it is now. Nobody recognizes me anymore, not even my pets! How about you, has anything changed?"
 - Think about what you know about your mentee's family; i.e., "I remember you mentioning that your older brother/sister is graduating this year. How does your family feel about how much things have changed?"
 - I have been looking forward to telling you what I have learned about _____ (gardening/working on cars/etc.)
 - I just read a terrific book about _____. Did you know.....
 - Show photos or something that demonstrates how you've been spending your time. (You can be funny; i.e., show photos of hand sanitizer or silly masks, etc.)

QUESTION PROMPTS

- How are you doing?
- What are some of the best things about the time you've been away from school/at home? What has been most challenging?
- How is school going?
- Have you learned anything new?
- What is your favorite app these days (if applicable)? Are you keeping in touch with friends via Instagram, etc.
- What are you most looking forward to when our required stay-at-home time ends?

CLOSING THE CONVERSATION

Let them know how much you enjoyed seeing them and confirm your next meeting.