**Suggested Mentoring Activities**

Tulsa ASSE Student Mentoring Program

If you need some ideas on what to do, the following list is a great place to start.

*Career Conversations*

* Discuss the Mentor’s educational background and the role of educational preparation in his/her field.
* Talk about current event or issue in the Mentor’s field.
* Schedule a shadow visit, if appropriate
* Talk about how the Mentor prepared for the transition from school to the professional world

*Job Search Process*

* Review the Mentee’s resume and/or cover letter.
* Lead the Mentee through a mock interview.
* Discuss how to best look for jobs/internships in the Mentor’s field.

*Professional Certification*

* Discuss professional certifications that may be appropriate for the Mentee.
* Help the Mentee locate application and study resources for professional certifications.

*Mentor’s Story*

* Talk about how the Mentor has balanced personal life and career and what to expect.
* Discuss what the Mentor would have done differently if he/she could do it over.
* Talk about how the Mentor has dealt with personal or professional challenges.

*Networking Pursuits*

* Introduce the Mentee to fellow safety professionals and other contacts.
* Attend an ASSE meeting or conference together.

*Professional Skills*

* Help the Mentee learn a new safety-related skill.

*Put Your Heads Together and Develop Other Activities*

* Each Mentor and Mentee will have unique skills, knowledge, and interests. Work together on issues that interest you both.