

Suggested Activities and Topics

Activities and Activity Goals

- Create learning experiences: as needs are identified, look for innovative ways to strengthen or develop knowledge and skills
- Provide personal support and reinforcement
- Share college culture
- Evaluate characteristics and abilities: identify strengths and build on areas of improvement
- Coach to improve specific skills (technical, interpersonal) and behaviors
- Be a sounding board: listen, probe, understand and help to clarify
- Share personal and work experiences: share highs, lows, successes, failures, and what was learned
- Meet at or attend conferences and networking events
- Chat via WebEx/Zoom, Google Hangout, Apple FaceTime

Possible Topics to Discuss

- Special training or advanced degrees that are required for career options
- Career tracks
- Career exploration
- Types of businesses/employers in the chosen field
- Current issues in the profession
- Job market trends
- Organizational culture
- Professional organization membership
- Quality of life in the profession
- Work/life balance
- Management issues
- Approaches to ethical or professional dilemmas
- Business attire
- Study/travel/employment possibilities abroad
- Campus involvement opportunities
- Professional dinner etiquette
- Online or social media etiquette
- Internship and job search advice
- Resume and cover letter review
- Interviewing and networking skills
- Volunteer/extracurricular activity benefits