# Mentoring Session Agenda – First Meeting (Mentees)

## Get to Know Each Other (30 Minutes)

Goal: Build rapport with your Mentor. Share about yourself and your interests.

Suggested Topics to Discuss**:**

* Share your reasons for joining the Mentorship Program.
* Share about your school life, technology use, hobbies, and community involvement.
* Ask your Mentor about themselves.
* Begin exploring possible transition goals that interest you (e.g., college, career, independent living skills).
* Optional activity - use resources linked in the [Ice Breakers](https://cdn.prod.website-files.com/66cd9f7f911ba87dfbd24ad2/67f55e7970eab9a710b30709_3958f9fa3c29dfa84d3ebfbd42dc3bfd_Icebreakers.docx) document to start the conversation.

## Explore the Transition Topic (15 min)

Goal: With your Mentor, review this month’s transition topic and review any relevant announcements posted on the [Mentorship Hub](https://www.empowervi.org/mentoring-programs) homepage (password: mentoring).

How to Use the Transition Topic Guides:

* Review the transition topic definition, discussion questions, and linked resources with your Mentor.
* Discuss how this topic might relate to your goals. In future sessions, you can work with your Mentor to develop goals using the [SMART Goal Worksheet](https://cdn.prod.website-files.com/66cd9f7f911ba87dfbd24ad2/67f53b18f03a143eb1c4eef4_SMART%20Goal%20Worksheet.docx).
* Explore the resources on your own after the session.
* There are over 30 Transition Topic Guides. Each guide focuses on a different transition-related topic. Suggested topics for each month will be shared in the announcement section at the top of the Mentorship Hub. Please note that you and your Mentor are also free to explore topics outside of the Transition Topic of the Month, based on your interests. Resource: [Transition Topic Guide](https://cdn.prod.website-files.com/66cd9f7f911ba87dfbd24ad2/683d9f7cf5d6aa9a7561d62b_Transition%20Topic%20Series%20Guide.docx)

## Wrap-Up and Plan Ahead (15 min)

Goal: Confirm next steps, schedule the next meeting, and set a reminder for yourself.

Key Tasks:

* Schedule your next meeting together. Your Mentor will note the agreed upon date and time in the shared chat on Teams.
* Set a reminder using your preferred method (e.g., phone reminder, calendar invite, scheduled email reminder).
* Complete your Session Feedback Form either before ending the session or no more than 48 hours following your mentoring session. [Mentee Session Feedback Form](https://forms.office.com/r/PeFAntcANP)

# **Key Activities to Cover This Session**

* Share about yourself and your interests and get to know your Mentor.
* Begin thinking about your areas of interest for transition goals.
* Review the Transition Topic of the month with your Mentor.
* Schedule next session and set reminders.
* Fill out a Session Feedback Form after the session.