## **IOWA STATE UNIVERSITY**

## im**PROVE** you

Mentee and Mentor Suggested Activities

Academic Year 2015/16

College of Engineering Staff Mentoring Program LAUGH! Exchange and Brainstorm ideas and discuss relevant discuss techniques for articles working positively with Create a five year difficult personalities professional legacy statement Develop an action plan Create a professional vision statement Discuss ideas Perform resume Discuss activities to for personal and interview strengthen areas of or critique identified weakness professional branding Serve on a committee together Attend a Complete a personality professional meeting or strengths together Role play difficult assessment together or challenging situations Schedule coffee or Complete a a lunch break volunteer together activity together Discuss current events Discuss social media for professional use Join or begin a **Review business** Job shadow book club email etiquette each other