

# SUGGESTED MEETING TOPICS, YEAR I

Consider having topics to cover each time you meet with your mentee

## Study Skills

Almost every new college student could use some support with study skills! Start by asking about their current courses and review each course syllabus. Work with students to determine when major projects and exams are due and help set up a study schedule. You can also focus your conversations on specific study skill development, such as note taking, exam preparation, study groups, writing, etc. Remind students of academic support resources available on campus (e.g., writing/speech centers and tutoring). Check out this [excellent resource](#) with tons of study support!

## Time management

Many first-year students are not accustomed to college schedules and the new free time they have. Helping your mentees manage their time is a great way to support success. Begin with creating a schedule. First work on a monthly schedule – inputting all major deadlines, tests, and events. Then move to a weekly schedule, creating time blocks for classes, studying, socialization, exercise, sleep, etc. Finally, work on a daily schedule. Establishing a routine can be very helpful, as it provides structure and helps manage time effectively. Share any ways you manage your time, including calendars or apps to support them. Break Tasks into Manageable Steps: Large projects can be intimidating. Breaking them down into smaller, more manageable tasks can make them less overwhelming.

## Extra-Curriculars

Joining clubs or organizations can help your mentees have a more fulfilling college experience. You can also help them focus on which organizations and associations might help advance their ACE career. Perhaps begin by asking your mentee what activities they participated in high school. Were they in sports, robotics, or music. You can then visit the school's website and go through what offerings are on campus and together you guys can decide what might be a good fit. They also might not know what associations can support and foster their career development so guiding them to some of those organizations can be very helpful.

## College Assimilation

Getting used to college life can be challenging for many students. Navigating new academic demands, social dynamics, and living arrangements often requires a period of adjustment. You can help your mentees as they work through these changes. Start by asking questions about their living arrangements, how they spend their days and if they have any concerns. Share conflict resolution strategies as a support. You can then share your experience and any lessons you may have learned. Remind them everyone adjusts at their own pace. Celebrate their small victories and progress and check in often.

## Course Selection

Ask your mentees for a copy of their college transcripts (or a list of what classes they have taken). Compare this list to what is required for their major (usually found in their course selection materials). Create a chart to determine what is needed vs. what they have taken. Then review courses within their major to decide on how to fill out their schedule – discuss what classes you liked or any insights you have on course selection. You can also help your mentee set up a time to meet with their advisor to review their courses. Many students in college never reach out to their advisor – so supporting this effort is very valuable.

[Resources](#)

## Stress Management

College can be a very stressful time. Helping your mentee manage stress is an excellent way to provide support. Ask them what feels overwhelming and suggest on campus resources such as academic support, counseling, medical resources, or their college advisor. Discuss healthy ways to handle stress like exercising, journaling, mediating, listening to music, etc. Figure out places on campus that can be safe and peaceful, figuring out ways to stay positive and excited about their college experience. Also share ways that you manage stress. Remind mentee that feeling stressed is normal and coping strategies help.