

## **AIEF Mentoring Session Ideas**

This document provides ideas for activities mentors can do in mentor sessions to engage the student.

### **1. Icebreaker**

Who am I?

1. My name is...
2. My most important role in life is as a...
3. At work/school, I...
4. My favourite way to spend my free time is...
5. One thing about me that is important for people to know is...
6. Some of the strengths that I will bring to a mentoring relationship are...
7. One of my worries about being a mentor/mentee is...
8. One thing I hope to gain from being a mentor/mentee is...
9. The most important thing I hope my mentor/mentee will gain is...

### **2. Conversation starters**

Below is a list of questions that can support you in starting a conversation. You can both have a go at answering them. Possibly allow them to ask you a question/s of their choice.

1. Do you have any pets?
2. Do you follow any sporting teams?
3. Where did you grow up?
4. When you were a kid, what did you want to be when you grew up?
5. If you could only eat one type of food for the rest of your life, what would it be?
6. Do you have any siblings?
7. Are you a morning or night person?
8. What is your favourite genre of music?
9. What is your dream holiday destination?
10. Who do you admire?
11. What would you do with a million dollars?
12. What TV show or YouTube channel are you obsessed with?
13. What is a skill you would like to learn in the future?
14. Would you rather sky dive or bungee jump?
15. What is the best thing that happened to you last week?
16. Do you have any nicknames?
17. If you had to sing karaoke right now, what song would you pick?

### **3. Activities to do together at the school**

- Let the student plan to teach you something they are knowledgeable about, and let them hold a personalised lesson. Then flip this at your next session and teach the student something you know.
- Create a bucket list of 25 things you want to do or accomplish during your lifetime and share it with one another.
- Make a collage/vision board together!

- Take a tour! Let the student give you a tour of the school.
- Organise! Assist the student in organising school work and developing study schedules. Share your tips for staying organised and talk about your experience with needing to stay organised.
- Learn how to make origami and create a gift for one another.
- Write down a list of 10 things you've always wanted to know and research these answers together.
- Complete an internet personality quiz together.
- Have a drawing challenge!

**4. Activities to do together off school grounds (with other mentor pairs)**

- Watch a movie at the cinemas together and review it together
- Go to an AFL or local footy match
- Go bowling
- Go rollerblading
- Listen to a motivational speaker or guest speaker presenting locally (or watch a TED talk online)
- Walk around a local lake/park
- Have a picnic
- Visit an art gallery
- Enjoy a restaurant meal
- Go to a local museum

**5. Goal Setting Activity**

Use the template below for any goal setting with the student:

Describe activities that will help you achieve your goals. Set concrete dates for when you will accomplish these activities. If this is a recurring activity, describe how often you will do it (e.g. once a day, once a month).	
Activity 1:	Date this will be accomplished:
Activity 2:	Date this will be accomplished:
Activity 3:	Date this will be accomplished: