



TOPICS FOR DISCUSSIONS AND ACTIVITIES FOR MENTORS AND HIGH SCHOOL AGE YOUTH

1. Time line for after high school – in 5, 10, 15, 20, 25 years
2. Realistic and attainable goals
3. Examination of personalities and style of functioning
4. Personal interests of mentor and mentee
5. Financial independence – personal credit cards, budgeting, ATMs, setting up a bank account
6. Time management
7. Organization (i.e., does the youth have a calendar or agenda?)
8. People you admire
9. Communication skills
10. Workplace-readiness skills
11. Employability indicators – attendance, punctuality, appearance, initiative, maturity, courtesy, attitude, quantity of work, quality of work, flexibility and cooperation
12. Job opportunities – job shadowing, internships, apprenticeships
13. Career interest inventory
14. Job exploration
15. Mock applications for work and post-secondary education
16. Applications for financial aid, scholarships and awards
17. Create a resume
18. Practice interviewing skills
19. Exercise and eating right
20. Personal mission statement
21. Driver's license
22. Being well-rounded (i.e., involvement in school clubs, community activities)
23. Review report cards
24. Appreciate cultural differences
25. Manners
26. Visit a local college
27. Design a business card
28. Risky behaviors and their associated consequences (alcohol, drugs, sex, cigarette smoking, gang activity, peer pressure)
29. Getting ready for the prom
30. Summer plans

Courtesy of Dr. Susan G. Weinberger, president, Mentor Consulting Group.