Creating Memorable Moments

**Some suggested activities that mentees could do with their mentors:**

* Discuss the goals you have set and receive feedback on progress
* Go for coffee, lunch or dinner and talk about career interests, challenges and accomplishments
* Ask them if they mind sharing personal stories about their work-life
* Ask how they are balancing their work and life
* Discuss the types of employment that are available for your degree
* Look at job websites together and see what possible jobs are out there that you might not have known about
* Ask your mentor how they went about finding a job
* Review your cover letter and resume with your mentor
* Practice a mock interview with your mentor
* Do an informational interview for a job you’re interested in and share your findings with your mentor
* Spend some time or the day at your mentor’s work
* Attend a workshop or conference together
* Go to networking events of ABCFP, APEG BC, College of Professional Biologists, Truck Loggers Association
* Tour a facility in your field of interest
* CIF talks (1/month during the school year)

**Some suggested activities that senior students could do with their junior student mentees:**

* Go for a relaxing walk to Pacific Spirit Park, Wreck Beach, Nitobe Gardens
* Explain how you have made decisions in your life
* Collect brochures of UBC services that you think may be helpful for your mentee
* Go to lunch and discuss some of the courses you have taken or are planning to take
* Discuss books that have been helpful to you in your discipline, for studying, or personally
* Share experiences about the projects that you are working on
* Share and review papers you have both written
* Share your resumes and provide each other with feedback
* Meet with your industry mentor as a triad
* Tour a facility together that is interesting/relevant to your studies
* Attend a workshop or conference together
* Go to a networking event together
* Volunteer together
* Participate in the Reading Week Trek Program together

For current events, networking nights, workshops and other opportunities to connect with your mentor, check [www.forestry.ubc.ca/students/undergraduate/tri-mentoring-program/](http://www.forestry.ubc.ca/students/undergraduate/tri-mentoring-program/) (updated monthly).