



# MentorSHPE Curriculum Fall 2022 - Bella Ruiz

For Questions or Comments about this booklet contact me: [ruizn4@my.erau.edu](mailto:ruizn4@my.erau.edu)



Hello!

This handbook is meant as a suggestion on what kind of conversations and things you can do with your mentor or mentee. I say mentor or mentee because it can be either one that prompts using this handbook. This book is completely optional, however, completing its activities can earn you points towards the final “Café con Leche” award (big prizes).

Reach out to me (Bella Ruiz) with any questions or comments about this booklet: 678-352-1538.

These are bonus suggestions. In addition to these, you and your mentor/mentee can accumulate points by

- Attending general SHPE Events. Take a picture together at an event and get 5 points.
- Attending MentorSHPE Events. Take a picture together at a mentorSHPE event and get 10 points.
- Taking a picture together! Earn 2 easy points by sending a selfie in the MentorSHPE gc

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## “Meeting Minutes”- Conversation prompts for you and your mentor/mentee.

These meeting minutes are meant as suggestions on what kind of conversations you can your mentor/mentee can have. There are no rules or limitations on what you and your mentor/mentee discuss. Make the experience your own and get to know each other further. The only thing that is expected, of course, is respect and understanding through these conversations.

After an activity is completed from this section send me a selfie of you and your mentor/mentee specifying you completed an activity from this section (no details necessary, I believe you) to earn 20 points towards the Arroz con Leche award!

- Goal Planning Session

Have a meeting to talk about your goals- personal goals, professional goals, academic goals. Do you know how you're going to achieve those goals? What is something standing in your way from achieving those goals? Maybe you haven't decided on your goals – do you have any contradicting goals? It could be helpful to make a flow chart, visualize each other's path to achieving these goals. Are you trying to achieve similar or different goals?

- (Digital) Vision Boards

Vision boards don't have to be serious goals, they can also be small details you wish to have in your future. Check out this link to making free digital vision boards and some ideas:

<https://www.canva.com/create/vision-boards/> . They also don't have to be digital at all! If you are both into creating something artsy, print off pictures from the internet and put together a collage. Here are some inspirations for these vision boards:

<https://www.developgoodhabits.com/vision-board-ideas/>

- Being a Minority in School Conversation

Have a conversation about what it's like being a minority in college. Share any experiences or opinions on what it's been like being Hispanic at Riddle. Do you feel that you stand out amongst other students sometimes? Have you ever felt that you experienced things differently than other students? Have you ever felt an injustice being done towards you because of where you came from? Everyone has different experiences in college, regardless if you relate to each other or not, sharing your personal experience can be beneficial to understanding each other further. What are some things you do differently than other students because of your differences? Do you enjoy sharing your culture and differences with others or do you prefer to blend in? Discuss personal opinions and offer perspectives on how to handle situations in the future.

- Being an Engineering Student Conversation

Engineering school can suck. Our schooling is challenging and oftentimes draining. What are some things you enjoy or don't enjoy about engineering? Was this your first choice when deciding what to major in? Why did you choose to go into engineering? (If you're not an engineer- share similar to answers to your major)

- Class Experience Conversation

Some class experiences are better left in the classroom. If you're comfortable sharing, tell each other about some notable classes you've taken. What's the hardest class you've had? Was there someone in a class that made it particularly unenjoyable? What's the best professor you've had? What's the worst? If you could take a class over again, which one would it be and why? If you're a new student, what class are you most excited for? What class do you dread the most?

- Friendships in College Conversation

Friendships in college can be very different from other relations. What are the main differences you notice in people at college compared to people back home, if any? What are your opinions of the social environment at school? What do you do when you're bored at school? What are some of your favorite places around campus?

# Adventuring Activities – Ideas on unique things to do for fun with your mentor/mentee.

These activity ideas are suggestions on things to do with your mentor/mentee. Use this as an inspiration list and take any ideas you like.

After an activity is completed from this section send the groupchat a selfie of you and your mentor/mentee doing the activity to earn 20 points towards the Café Con Leche award!

§ Beach Trip- a classic.

§ Museum Outing- if you take interest in arts and learning,

§ Dave and Busters- who doesn't like winning rubber ducks?

§ Jeremiah's Ice Cream – The gelati is the best.

§ Nerf Gun Battle – maybe challenge another MentorSHPE pairing and prove your supremacy.

§ Cookoff- show off your cooking skills and make a meal for each other. You can also invite another MentorSHPE pairing to compete against and to prove your supremacy again.

§ Game night – Show each other your favorite card game or video game.

§ Escape Room – Because nothing makes you learn more about each other than being locked in a room!

§ Go Karting

§ Take a Hike

§ Daytona Beach Sling Shot

§ Catch a Tortuga's Game

§ Sushi King- Unlimited sushi. One price. Enough Said.

§ Complete a puzzle together – Maybe with the sushi on the side?

## Professional Development- Activities to complete together that will further develop your professional experience.

These suggestions are for you and your mentor/mentee to further develop your professional experience. These ideas are suggestions and feel free to take initiative in growing your professional experience. Going to big professional events can be less intimidating with a familiar face!

Take a selfie completing one of these suggestions together and send it to the groupchat. Send me a short description of what you did to earn 25 points towards the Arroz con Leche award!

- Complete a LinkedIn Learning course together.

These courses can be anything from personal development to technical skills and can take a few hours to a few days. They are great resume additions. Take your pick and don't forget to send a pic!

- TED Talk Review

TED Talks has thousands of talks given by hundreds of people in so many different fields. Do you and your mentor/mentee take interest in UFO's or alternating currents? I can guarantee there is a TED talk about any topic of interest. Watch one together then discuss your opinions. Do you agree with the presenter's perspective? If the story was a personal experience or topic, did you feel a connection to their story? Do you share any similar experiences? Discuss the content from the presentation as per your interest.

- Attend a Professional Webinar (or event) together

Our school provides lots of professional webinars, attend one together and discuss your perspectives on the experience. If you don't know where to find them, contact your Career Services Program Manager and ask about upcoming events. If you don't know who your Program Manager is, email your advisor for their contact info.

- Update your Handshake Profiles Together

Handshake is the tool used to register for the Career Expo. Keeping it up to date and properly filled is very important. Give each other feedback on your profiles.

- Practice Presenting

Public speaking can be a daunting skill, but it is a fundamental one. Create and present a presentation to each other about any topic. Maybe you could take the opportunity and teach other about something the other may not know. Present in a large room and pretend it is filled with people, practicing this way will prepare you for the future. Give each other feedback and ask questions about the presentations, this is a great way to build your skill. A fun idea is to take the role of a professor and reteach one of your recent classes- this gives you the opportunity to also review class content and teach other something.

- Read a professional development book

Find a book in the Hunt Library that meets both your expectations of personal development. If you don't have time to read the whole book, just read a chapter and discuss it afterwards!

- Review a professional podcast together

Podcasts are free and informative- they can have a large array of topics so pick one that interests you. Listen together over homework or listen on your own times and discuss your opinions after.

- Mentors, Take Your Mentee to One of Your Favorite Classes

Mentors get to share one of their favorite concepts and mentees can get a glimpse of their future classes. Take the opportunity to introduce them to your favorite professor if you'd like.

- Participate/Get Involved in Research Together

Even if it's just a tour to someone's lab, getting familiar with research can be very beneficial in the future.



- Internship/Coop Application Session

Take a few hours and just apply to internships together. Doing things like this together can make them less tedious! Make sure to ensure your resumes/LinkedIn are prepared to be submitted.

## The Extra Mile- If you are looking to take your mentor/mentee relationship further!

This short list is a chance to win additional points and grow your relationship with mentor/mentee. These are daunting suggestions, feel free to take from this list or to create your own!

Contact me with your plans, completing an activity of this list will earn you bonus points!

- Host a fundraiser for SHPE (100 points)
- Attend the CareerExpo together (no need to contact me, just send a selfie in the groupchat, 50 points)
- Volunteer together (SHPE or non-SHPE 40 points)

## Further Resources

Further Resources for Mentees:

50 Questions to Ask your Mentor for a Great Mentorship Experience-

<https://mentorcruise.com/blog/22-questions-ask-mentor-great-mentorship-experience/>

Further Resources for Mentors:

75 Things to Do with your Mentee-

<https://my.lerner.udel.edu/wp-content/uploads/75-Things-To-Do-With-Your-Mentees.pdf>