



# CLASS Mentorship Lunch Mentor Guide

## GOALS:

**Make a Connection:** Try to get to know the student you are speaking with and relate to them as a peer and as a person. Find out their interests, goals and passions and use these to guide your conversation.

**Find out why they are here:** Ask the student their motivations for attending the mentorship lunch, and for attending CLASS in general. Find out if they have any questions about university life – these could range from specific questions about UBC to more general questions about coping with stress or about study strategies.

**Ask about their Goals:** Find out if the student has any specific goals for their time at UBC. These could be academic goals, personal goals, or goals that relate to student involvement (clubs, student government, etc.). Discuss potential ways the student might go about meeting them. Also, share experiences you've had where you met or had trouble meeting a goal – what did you do right, or what might you have done differently?

**Communicate the Value of Involvement:** Involvement can help students build job skills, foster connections, make friends and enrich their time at UBC. It can also help to deal with the stress of being a first year student and help to create a personal connection with UBC, which some students find difficult to accomplish with an institution so large and daunting (at least when they first get here!).

**Discuss the Next Step in their Involvement:** Discuss tangible involvement opportunities that might resonate with the student. Perhaps also mention specific opportunities that you have been involved in or are involved in currently that you have found rewarding.

## SUGGESTED TALKING POINTS (to get the ball rolling...):

- How are you finding your term so far?
- What is your intended major? / What are you thinking about majoring in? (first-year Arts students do not have a major when they enter.)
- What are your interests, hobbies and passions?
- Do you live in residence or do you commute to UBC?
- What are your goals at UBC (in terms of involvement and academics)?
- Do you have any What are your questions/concerns about university life or about being a university student?
- What do you like most about UBC so far? What do you find the hardest about UBC so far?
- What areas are you feeling accomplished in? What areas do you find challenging/difficult?
- What resources do you know about? What resources have you already used?
- What are some things you have been involved with in the past, at UBC or elsewhere (clubs, student government, etc.)? Would you like to do something similar in the future, or would you like to try something new?