

Sample Mentoring Session Plans

What is it?

This document provides detailed examples of structured mentoring session plans for different scenarios to help mentors facilitate meaningful and effective discussions with their mentees.

Scenario 1: A Young Person Struggling with Career Choices

Objectives:

- Identify personal interests and strengths
- Explore various career options
- Set actionable steps toward a chosen career path

Activities:

- Interest assessment (self-reflection and career quizzes)
 - Career exploration exercises (industry research, informational interviews)
 - Goal setting and action planning
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Scenario 2: A Student Needing Academic Guidance

Objectives:

- Improve study habits
- Enhance academic performance
- Set realistic and achievable academic goals

Activities:

- Study techniques workshop (note-taking, reading strategies)
 - Time management exercises (prioritization, scheduling)
 - Goal setting (short-term and long-term academic targets)
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Scenario 3: A Youth Dealing with Personal Challenges

Objectives:

- Build resilience and emotional well-being

- Develop effective coping strategies
- Enhance self-awareness and personal growth

Activities:

- Self-reflection exercises (journaling, guided discussions)
- Stress management techniques (breathing exercises, mindfulness)
- Goal setting (personal development and well-being milestones)

Usage:

Role-Playing Exercise:

Participants can use these sample plans during practical exercises to guide their role-playing scenarios, enhancing their mentoring skills in real-world applications.

Implementation Tool:

Mentors can adapt these plans for their own mentoring sessions, ensuring structured and effective interactions with mentees.

By using these structured session plans, mentors can create a supportive and goal-oriented environment that fosters growth and development in their mentees.