



Mentoring sessions are meant to be informal and conversational. The following questions and prompts can help get the discussion flowing.

Stories

Did you always know that this is what you wanted to do with your career?

Do you have examples of really good or really bad cold outreach you've received for informational interviews?

How did you get into the role / industry you are in now?

If you could do it all again, what would you do differently?

What is your favorite / least favorite part of your job?

What has been your biggest career struggle and how do you overcome it?

What has been your most rewarding accomplishment?

What do you want to do next?

What are some of your favorite things to do / watch / read for inspiration?

What are some hidden resources at your organization?

What talents or strengths do you rely on most in your daily life as a leader?

What are your favorite productivity sites, tools, or applications?

Skill Building

Do you have any tips for recent graduates just starting out?

Do you have any favorite networking tips or tricks?

What avenues are you aware of for professional growth at the lab?

What are your favorite tips for preparing for interviews?

Situational

How do I reach out to other people on topic X?

I am currently (explain something you are experiencing in current role). Do you have suggestions on how to deal with that situation?

If I want to switch to another project, how would I go about doing it?

My most recent accomplishment was X. Do you have any thoughts on how I could position that experience to help me get to my next step, which is Y?

What conferences or outreach opportunities do you suggest I attend?

I am interested in this area: are you aware of work going on in this area?

Self-Awareness

How can I improve my elevator pitch?

What advice would you give someone going into a leadership position for the first time?

What makes a resume stand out to you?