



# Guidelines for the First Mentoring Session

Mentors: Please read all of this

Welcome to YMI! You do not need to read this document to your student, however, we ask that you please cover these points in a conversational manner during your first mentoring session.

1. The bulk of this first meeting should be spent getting to know one another, at an appropriate first meeting level. Don't expect too much and remember that they might be nervous too!
  
2. Ask some general and open ended questions about them and share some appropriate information about yourself.
  - a. Examples: Current profession; hobbies/interests; family; why you chose to become a mentor.
  
3. Ask your mentee if they have any questions/concerns about how the YMI mentoring sessions will work.
  - a. Example: Mentoring session day(s), time(s), length and location of meetings.
  
4. Explain to your mentee that you will respect their privacy and won't be sharing information from your discussions with anyone else.
  - a. However, please explain that because you care about their well being, you would need to inform someone else if you discover that they are in danger for any reason or you fear they may hurt themselves or someone else.
  
5. If time allows you may enjoy using an Ice Breaker type of question to start or keep a conversation, feel free to use the Conversation Starters provided as a link in the original email or you can also find it on the [Mentor Resources page](#).