

Suggested First Meeting Activities

- **Introductions:**
 - Greet the student with a smile and a handshake.
 - Introduce yourself to your mentee and let him/her know how to address you. Be confident and smile!
 - Ask the student if s/he has a nickname and by what name s/he would like to be called. Learn how to pronounce your mentee's name. Write it down correctly and phonetically.

- **Dependability:**
 - Give your mentee the confidence that you will be dependable and will visit regularly.
 - Talk with your mentee about your role in the mentoring relationship.
 - Ask the mentee to tell you what s/he expects of you and his/her hopes for the relationship.
 - Discuss how you'll let him/her know if you are unable to attend a scheduled appointment.

- **Acceptance:**
 - Let your mentee know that you intend to be non-judgmental.
 - Get to know your mentee by talking about shared interests.
 - Maintain composure if s/he initially acts in a shocking manner. S/he may try to test your limits.

- **Be a Friend:**
 - Express the desire to be an encouragement, support, and friend.
 - Explain that you will keep everything that he/she says confidential, unless it is about something that might harm him/her in any way, as his/her safety and well-being come first.
 - Emphasize the relationship over specific goals.
 - Establish your own match traditions.

- **Activities Help Break the Ice:**
 - Consider a game such as a simple card game, and chat while you play.
 - Ask the student to give you a school tour--- walking and talking might be more comfortable than sitting and talking. Also, this activity lets the mentee be in charge!
 - Consider an icebreaker to tell about yourselves. You might bring some questions to get things started. Examples can be found on the following page.
 - Make family trees -- a GREAT way to learn about a child's background!

- **Closure:**
 - End your first session on a positive and encouraging note.