

... eMentors for STEM ...

Guiding Question Prompts for Students

1



Introductions

Introduce yourself by giving your name, grade, classes in school, any teams or extracurricular activities, or jobs you have. Share a few of your favorites, such as favorite subject, or how you spend your time. Share any interest you have in the STEM fields. Ask your mentor what year they are in college and what a typical day looks like. You can also ask your mentor about their family and hobbies.

2



College Exploration & Parallel Planning

Share with your mentor the path you could see yourself taking after high school and why you're interested in this. Ask your mentor about the steps needed to get into college and how they prepared for post-secondary. What classes did your mentor take in high school that helped prepare them for a college major in a STEM field? Ask your mentor why they chose their specific area of study, were others career fields of interest? Ask your mentor about their experience at the University of Minnesota and why they chose the College of Science and Engineering. And if they applied to other universities. What does your mentor like about being in college? What does your mentor dislike? If your mentor had to go back in time to their high school days, what advice would they give regarding their college planning process?

3



Values & Time Management

Discuss how you stay organized and how you manage your time. Do you use a planner, electronic calendar, etc. When thinking about how you spend your time, does it reflect your values and what is important to you? Ask your mentor what they are involved in outside of classes (jobs, activities, teams) and about any tools they use to keep track of their schedule. Ask your mentor to give specific examples of how their values (what's important) help them determine how they spend their time. Ask for tips on managing your time and fitting in the things that are important.

4



Engagement Beyond the Classroom

Being involved in activities and having experiences outside of the classroom is very important for college applications and career readiness. Share with your mentor activities you participate in outside of the classroom. The skills used in these activities can be included in your resume. If you are not currently involved in any activities, share the interests you have. Think about the skills you use while participating in those activities (leadership, communication, coding, motivating people, problem solving, etc.) Ask your mentor what advice they would give to a high school student about participating in clubs, jobs, or other activities. How have they used those skills? If there is a skill you want to learn, ask your mentor for advice on how to develop the skill.

5



Finding Success & Personal Well-Being

Share with your mentor what success and personal well-being mean to you. Share ways you embrace positivity and ways you seek personal well-being. Share about stress or anxiety you experience and how you manage and/or reduce it. Ask your mentor about success they've had overcoming challenges. What resources have they found on the college campus that helps reduce or manage these? Ask about a difficult class your mentor has taken and what strategies they used to be successful.

6



Diversity, Equity & Inclusion

The scientific process benefits from diversity of thought. Colleges and Universities value diverse views and experiences that enrich campus life and the academic experience. Discuss what diversity, equity, and inclusion mean to you and how you have seen them play out at school and in your life. Does your mentor feel like there are other students in STEM who are like them (race, gender, LGBTQ, etc.)? Ask your mentor if there are campus communities devoted to equity and inclusion and any ways they've been involved. And close the message by sharing about someone in STEM who is inspirational to you.

7



Grit & Resilience

Share with your mentor about a time when you stayed motivated during a challenging situation or task. Share if you have people or places you can go to for support or if you have ever been a key support person for someone else. Ask your mentor about the support network they lean on and about the supportive communities and resources available on campus. Ask your mentor if they think they have a high level of perseverance, and how this helps them and/or is a barrier to their success. Ask you mentor how they get motivated and avoid procrastination to get homework done even when they don't feel like it. Ask your mentor what their biggest barrier to success is and how they work around this or overcome it.