

Potential Mentoring Activities and Discussion Topics

Ideas for Meeting Activities

- Meet for a meal, coffee, or happy hour
- Conduct a mock job interview with mentee
- Mentee resume/CV & cover letter review
- Provide feedback to mentee on presentation
- Develop/Discuss a 5-year strategic career plan
- Develop/Discuss mentee [Individual Development Plan](#)
- Attend a UGA-sponsored event (e.g., signature lecture, concert, athletic event)
- Attend networking event together in Atlanta area (e.g., GAIOP event)
- Attend industry event together
- Attend business meeting/presentation together
- Mentor introduces mentee to others in the field
- Go to lunch/coffee with mentor & their colleague
- Visit each other's workplace
- Read & discuss popular press book related to I-O psychology/management
- Read & discuss article(s) in program toolkit
- Listen to podcast on workplace issues & discuss

Ideas for Meeting Discussion Topics

- Balancing work, school, & nonwork
 - How to prepare for the transition to being a working student
 - How to maintain work/life balance
 - How to manage stress
- Managing coursework in the IOMP
 - Discussion of IOMP coursework
 - Strategies for excelling in various courses

- Time management
 - Time management strategies & tips
- Collaborating effectively with others in the IOMP
- Problem-solving & advice related to the IOMP
- Bringing I-O skills into one's current job
- Finding a job in the I-O field
 - Effective interviewing
 - How to stand out during the application & interview process
- Networking
 - How to use social media in a professional manner
 - How to create an effective brand on social media
- Developing an I-O identity
 - Discussion of academic interests & possible white paper ideas
 - Strategies to become integrated into the I-O profession
- Understanding different career options
 - Discussion of employment tracks & opportunities with an I-O degree
 - Discussion of career plans & interests
- Setting professional goals
 - Developing specific, measurable, achievable, relevant & time-bound ([SMART](#)) goals
- Building effective teams
- Motivating employees
- Developing leadership skills
- Effectively influencing others
- Dealing with low performers
- Conflict management
- Negotiation skills
- Strategic thinking
- Supporting diversity & inclusion/Allyship
- Giving & receiving feedback

- Running effective meetings
- Identifying & dealing with professional blind spots
- Strategies to strengthen data literacy skills
- Making good choices about service (e.g., committees, professional service)
- Strategies for professional development
- Leadership/Supervision challenges
- Discussion of work-related challenges

Material adapted from: University of Georgia Mentoring Program,

https://fo271cfd-9033-4bed-a7f8-1eb287fb2b4a.filesusr.com/ugd/abed6b_9789207a85164d739bd5e4e5042cdc5c.pdf and Georgia CTSA TEAMS Program

<https://georgiactsa.org/research/cmdts/mentoring/index.html>



Professional Industrial-Organizational Psychology Master's Program

Franklin College of Arts and Sciences

UNIVERSITY OF GEORGIA