Sample Mentor Situations

These sample mentor situations are intended to provide participants an opportunity to explore various ways to respond to their “fictitious” student mentees, incorporating the communication skills they have been discussing during the training workshop. A create new scenarios that describe situations that more closely represent your particular program.

1. Your student mentees tell you that he/she has no one to call for help. How do you encourage your student mentees to gain support from others?

2. Your student mentees are feeling alone and isolated. How do you help them increase their social and recreational opportunities?

3. Your student mentees are feeling anxious and nervous about doing well in college. What can you suggest to help him/her overcome these feelings?

4. Your student mentees bring up an issue that was very painful for you in the past. You feel yourself becoming overwhelmed by your own emotional reactions. What do you do?

5. Your student mentee asks you a question, and you are confused about how to respond, or you need time to think about an answer. What should you say?