

Mentor/Mentee Activities

In addition to structured discussions, you and your mentor may choose to focus on activities that will assist you in your personal and professional development.

Below is a list of suggestions if one or both parties decide to add an activity to their mentorship.

Activities to Consider:

- **Resume Review**
 - Bring a copy of your current resume. Work with your mentor and your team to provide suggestions for improvement.
- **Mock Interview**
 - Ask your mentor to provide you with a mock job interview. Each member should take turns doing this so plan enough time so each can take a turn or plan separate meetings with your mentor.
- **Shadowing Day**
 - Spend a day with your mentor. Attend meetings and other activities to better understand a day in the life of your mentor.
- **Attend a Trade Show**
 - If possible, consider going to a trade show with your mentor. Get a chance to see a variety of industry specific organizations and/or the general process for networking
- **Tour a Forging Plant**
 - The Forging Foundation can set up a plant tour with one of our members in your area to see firsthand how one of their facilities functions.

