

### 3.3 Getting Acquainted Activities

#### Try This!

The following activities can help you break the ice with your mentee. You may want to try one or more of these activities to get the conversation started with your mentee so you can get to know him or her better.

#### Commonalities

*What are three favorite things you like to do?*

*Why did you go into nursing? Tell me the story of why you became a nurse.*

*Tell me about your educational background and how you feel about this.  
Share your background, too.*

#### Uniqueness

*What attributes do you see in yourself that make you unique?*

*Do you think others see this uniqueness? Do you like being unique? Why or why not?  
Share what makes you unique.*

#### Hobbies

*What do you like to do when you are not working?*



*What activities or hobbies are you most looking forward to starting back up again? (if the mentee has recently finished school)*



#### Family Tree

The mentor and mentee each take four minutes to draw a picture of their family tree. This can include pets and extended family.

Spend the next 15 minutes explaining the diagrams, with each person using half of the time.



## 10 Years Activity

Give the mentee a blank piece of paper that you have folded in thirds. Ask your mentee to use the paper in the following way: *The first third of the paper is where you were 10 years ago, the middle third is where you are right now and the last third is where you want to be in 10 years.* Have the mentee use symbols, words, pictures or other mediums, such as pictures from magazines, to illustrate each 10 years.

You also may want to complete this activity so the mentee can learn about you.

Then, discuss your mentee's paper. Discuss what was happening 10 years ago. You may want to mention movies or other specific references to that time period. Talk about where he or she is right now and why. The next 10 years is a great lead in for writing his or her goals.

You will keep this paper, refer to it for goal setting and give it back to the mentee at the last mentoring session.



## My Bucket List

Ask your mentee to make a list of 20 things he or she wants to do in the next 5 to 10 years. Examples: Finishing a specific master's degree, or running a marathon. Have your mentee circle the three most important items. Discuss with your mentee in relation to long and short term goals.

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