## 2024 SRF Mentorship Program Guidelines

## **Initial meeting prior to Conference**

At least a week prior to the March 26, 2024 conference start, Mentors should contact Mentees and schedule a 20-minute meeting (virtual or in-person) for introductions and conference preparations.

Decide when and where to meet daily at the conference

Exchange contact info and discuss preferred methods of communication

# Example Q's for Mentor to ask Mentee

- Have you attended a professional conference previously, and if so, how did it go?
- Why are you attending the SRF conference?
  What do you hope to gain from it and/or what are you looking forward to?
- Why are you afraid or looking to avoid or minimize?
- How can I be most helpful to you?
- Would you like advice on what sessions and events to attend?
- What are your career goals or future plans?
- Do you know anyone else attending this conference?
- Anything you want to practice role-play with me, like introducing yourself or asking a question to a presenter?

# Example Q's for Mentee to ask Mentor

- Why did you decide to become a Mentor?
- What's your education and background?
- Do you have recommendations for me about what I should focus on during this conference?
- What is the most valuable professional advice that you received that guides how you operate?
- What suggestions do you have for time management during the Conference?
- What are you planning to attend and why?
- What type of troubleshooting may be helpful to plan for?

See also Mentor question list at left

#### Daily meet-up at Conference

Connect in-person for approximately 10 minutes each day during the conference (e.g., during morning, breaks, lunch, evening, etc.)

#### Example Q's for Mentor to ask Mentee

- What's the most interesting thing you've learned today/yesterday?
- Have you decided what to attend today/tomorrow?

### Example Q's for Mentee to ask Mentor

- How do you keep track of everything you are hearing?
- What have you found works well for you for capturing nuggets of information?

#### **Post-Conference Debrief**

Within a week after the conference, Mentor should schedule a 20-minute meeting with Mentee to debrief and reconnect

# Example Q's for Mentor to ask Mentee

- Are you satisfied with how the conference went? What surprised you?
- Anything I can do to be a better Mentor next year?
- Do you see yourself attending the SRF Conference again?

# Example Q's for Mentee to ask Mentor

- What opportunities would you recommend for young professionals entering the watershed restoration field?
- Did you hear anything at the conference that you wanted to follow up on?