

## Mentoring Session

- Model honesty and vulnerability and to provide affirmation and support to the student
- Meet a minimum of 3 times for individual sessions
- Mentor and student share responsibility for the agenda of the mentoring session

### Suggestions for Getting Started

- Agree on means, purpose and level of accountability
- Decide on a time and place
- Get to know each other's spiritual journeys, personal interests, goals
- Discuss expectations of relationship
- Establish lines and means of communication
- Set levels of confidentiality (elaborate)
- Pray together and commit to praying for the relationship between meetings

### What to Include in Each Session

- Sharing and prayer
- Student's agenda and mentor's agenda
- Review student's walk with God and learning
- Reflection on what student is experiencing in faith life
- Preview of next session issues
- Abandon or alter the agenda when special situations or needs arise
- Keep brief notes of the sessions as a means of tracking growth and conversation

### Bonus

- Vary the routine in order to keep the sessions interesting and worthwhile. (i.e. social or service activity)

