



Student Sponsor  
Partners

### **Mentoring Remotely During the Coronavirus Outbreak**

This is an anxious time, and it can be especially hard on students whose daily routines and community structures are affected. We ask all our mentors to stay in touch with your mentees during this time to see how they are dealing with the situation.

The CDC developed a [helpful guide](#) for talking with children and teenagers about the Coronavirus to minimize fear, dispel inaccurate rumors, and encourage healthy practices. We hope it will be useful when talking with your mentee about navigating this new situation.

We know that spending quality time in person with your mentee is crucial to gaining trust and creating a bond. Social distancing will prevent you from meeting with your mentee for the foreseeable future. We recommend setting up virtual meetings and activities to stay connected and show your support. **Take a look at our tips below to structure a productive conversation with your mentee when you can't meet in person.**

- **Schedule in advance:** To avoid catching your mentee off-guard, put a time on the calendar so that you're both ready for the call and in quiet environments.
- **Create a private space:** Sit down for your call in a calm and distraction-free space to avoid interruptions.
- **Set up a video chat:** Even if you can't meet in person, seeing each other face-to-face through free videoconferencing software such as FaceTime, Skype, or WhatsApp is a great way to establish a connection and stay focused on the call.
- **Prepare an informal agenda:** To give your conversation structure, develop a focus for your call. Here are a few ideas for topics to discuss with your mentee:
  - Check in on how they're adjusting to remote learning. Do they have a set schedule each day? Do they have a quiet space? Are they finding it easy or difficult to stay focused? As students may have less structure and more distractions at home, mentors can share what students may need to stay on top of their studies.
  - Take the [Meyers Briggs personality test](#) prior to your meeting and discuss your results together. Share your perspectives on topics such as how you learn, the leadership styles you respond to, and career options that interest each of you.
  - Share a skill that you think could come in handy for your mentee. Do a short Excel tutorial, demonstrate how you keep yourself organized at work, or showcase how to put together a strong presentation. Utilize screen-sharing software such as Google Hangouts or Skype to allow your mentee to follow along.
  - Discuss college fit and help your mentee prioritize what he/she wants from his/her college experience. Use this [College Match](#) worksheet as a guide to discuss qualities such as size, location, student body, and activities to help your mentee determine what is most important in a college.