AAMC Virtual Communities Network
Mentor Match Program

Mentoring Activity Ideas

To enhance your mentorship experience, here are some engaging activities categorized by in-person and virtual opportunities, depending on your geographical location:

In-Person Engagement
1. **Coffee or Lunch Meetings**: Meet for a casual coffee or lunch to discuss career insights, experiences, and goals in a relaxed setting.
2. **Attend Local Events Together**: Explore professional development or networking events happening in your area. Attend together to foster connections and gain new perspectives.
3. **Job Shadowing**: Arrange for a day of job shadowing to provide hands-on experience and deeper insights into your mentor's profession.
4. **Attend Workshops or Conferences**: Identify relevant workshops or conferences in your city and attend together to stay updated on industry trends.
5. **Networking Events**: Participate in local networking events to expand your professional circle and introduce your mentee to key contacts.

Virtual Engagement
1. **Virtual Coffee Chats**: Schedule regular virtual coffee chats to discuss progress, challenges, and share updates.
2. **Webinars and Online Courses**: Explore webinars and online courses together to enhance skills and stay informed about industry advancements.
3. **Book Club**: Choose a relevant industry-related book and schedule virtual book club meetings to discuss key takeaways.
4. **Virtual Tours**: If applicable to your field, arrange virtual tours of your workplace or relevant facilities.
5. **Goal-Setting Sessions**: Conduct virtual sessions to set short-term and long-term goals, ensuring alignment with career aspirations.
6. **Cross-Organization Collaboration**: If your mentor or mentee is affiliated with different organizations, explore opportunities for cross-organizational collaboration through virtual projects.

General Engagement Tips:
1. **Regular Check-Ins**: Schedule periodic check-ins to discuss progress, share successes, and address any challenges.
2. **Develop a Professional Development Plan**: Collaboratively create a plan outlining short-term and long-term professional goals.
3. **Goal-Setting Worksheets**: Utilize goal-setting worksheets to guide discussions and track progress.
4. **Shared Document for Resources**: Create a shared document to compile and exchange relevant resources, articles, and tools.

5. **Celebrate Milestones**: Acknowledge and celebrate achievements, milestones, and successes along the way.

*Remember, the success of your mentorship is rooted in open communication, mutual respect, and a commitment to growth.* Feel free to tailor these suggestions to align with your preferences and role dynamics.

Wishing you a fulfilling and enriching mentorship journey!

The AAMC Communities Team

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