

First Year Connections Meeting Guide

How to Use this Guide

It is important to read through this document **before** you meet with your mentees. Remember that your mentees might be feeling overwhelmed, and it is important that they know they have a safe space to talk about how their transition is going – being prepared for a conversation will help facilitate this!

Each section has open-ended questions that focus in on one of the 7 Dimensions of Wellness. Feel free to use these as inspiration to guide your conversations, or ask your mentees directly if they fit into the conversation. You might not have time to go through each dimension in every meeting, so tailor the conversation to each mentees' current needs!

You can learn more about the 7 Dimensions of Wellness by logging into the mentorship portal.

Meeting 1

Content to cover

Many of your mentees have either never been to campus before, or are only vaguely familiar with it. Take some time to show them around campus and introduce them to their new surroundings. Mention options for involvement and encourage them to seek out ways to make meaningful connections with others.

Spend some time talking about boundaries, confidentiality, and getting to know each other. Building a genuine and personal connection with each mentee will help them feel more comfortable with you moving forward.

7 Dimensions of Wellness: Guiding Questions

Emotional: How are you feeling about starting your first semester at Carleton?

Financial: What are your thoughts on creating a basic budget to track your finances?

Environmental: How are you adjusting to the Carleton campus and Ottawa in general?

Spiritual: What would you like to get out of your university experience as a whole?

Career & Academic: How did you choose to come to Carleton and enroll in the program you are in?

Social & Cultural: What new people have you met, and do you plan to stay in contact with them?

Physical: What physical health resources you have heard about that Carleton offers, if any?

Meeting 2

Content to cover

It is likely that your mentees are still adjusting to Carleton now that orientation week is over and they are settling in. Your mentees might be starting to feel the realities of being independent and adjusting to a student schedule.

7 Dimensions of Wellness: Guiding Questions

Emotional: What are some things that you are nervous, or excited about?

Financial: Have you purchased supplies for your classes (textbooks, course packs, lab coat etc.)?

Environmental: How are you adjusting to your new schedule?

Spiritual: Have you been involved in anything in the past that has created a sense of belonging for you?

Career & Academic: What are your first impressions of the classes you have attended?

Social & Cultural: What clubs or societies have you heard about and are you interested in joining any of them?

Physical: What do you think of the athletics facilities that Carleton offers?

Meeting 3

Content to Cover

At this point, mentees are going to start thinking about getting on the right track for their semester. It's a good idea to talk about study habits and academic resources for mentees to use throughout the year. Your mentee will hopefully feel comfortable talking about their transition with you at this time and may open up about negative emotions they are starting to, or have been, feeling.

7 Dimensions of Wellness: Guiding Questions

Emotional: How are you handling the transition to Carleton now that it has been a couple of weeks?

Financial: Do you currently work or are you looking for a job right now?

Environmental: How are you finding transportation around Ottawa and getting around?

Spiritual: How are you coping with being further away from family and friends?

Career & Academic: Syllabi are a helpful tool to help you stay organized during the semester – have you gone through each of them?

Social & Cultural: How are you going about meeting new people and making new friends?

Physical: How are your eating habits and do you find it easy, or challenging to choose healthy options?

Meeting 4

Content to Cover

Reflecting on both you and your mentee's time at Carleton will help strengthen your connection. By doing this, you can get a better sense of what your mentee's needs are and what tools you can equip them with in order for them to succeed. Allow them, and prompt them, to be vulnerable with their experiences. It is important to recognize that life things don't always go as planned – for anyone.

7 Dimensions of Wellness: Guiding Questions

Emotional: How are you balancing school with other priorities?

Financial: Are you aware of apps that can help you with your finances such as Mint, Flip etc.?

Environmental: Have you gotten the chance to explore Ottawa more, and what are your favorite parts?

Spiritual: When you have a sense of belonging what do you feel?

Career & Academic: How do you plan to stay organized with readings, assignments, and midterms?

Social & Cultural: What do you know about opportunities that Carleton offers such as Alternative Spring Break or going on exchange?

Physical: Carleton offers open gym times, intramurals, and fitness classes – what do you know about these, and are you interested in any of them?

Meeting 5

Content to Cover

Take a moment to reflect with your mentee on what they have learnt during the past few weeks at Carleton. Discuss the academic, social, and personal milestones they have reached. You can use this meeting to celebrate the wins they have had so far, and talk about what they are excited about for the future.

7 Dimensions of Wellness: Guiding Questions

Emotional: What is a challenge with your transition that you are experiencing, and can we brainstorm ideas to help overcome it?

Financial: Have you been using a budget, or tracking your spending since you started at Carleton?

Environmental: How are you finding the Carleton campus now that you have had the time to explore a bit more?

Spiritual: What are some things that you done, since being at Carleton, to take care of yourself?

Career & Academic: How have the first assignments of your university career gone?

Social & Cultural: What events have you attended, or are you planning on attending?

Physical: What substances are you using and how are they affecting your life (if at all)?

Meeting 6

Content to Cover

Helping your mentee plan for the future and providing them with resources to keep them on the right track is the last thing to cover. If your mentee is nervous about FYC being over, remind them that they are never alone at Carleton and there are plenty of resources to access. If you feel your mentee is really needing more support from a mentor, refer them to Community Connections by emailing Michaela at mentoring@carleton.ca and including the student in the email. Be sure to tell your mentee why you think they would benefit, and ask if they are interested in continuing with a mentor before sending this email.

The next step is to talk about your relationship moving forward. Will you stay in contact? Will you follow each other on social media? Think about these options before you meet so you are prepared to address them.

Let your mentee know they can follow @SLRAVENS on social media to stay involved. Your mentee can also add "FYC Mentee" as a role on their CCR through Carleton Central. Lastly, they will be receiving a program reflection & evaluation to complete by October 23.

7 Dimensions of Wellness: Guiding Questions

Emotional: Do you feel prepared to overcome challenges that rise over the rest of the semester? If not, what can we do right now to help prepare you?

Financial: How are you feeling about your finances going into the rest of the semester?

Environmental: Describe the connection that you feel to Carleton or any of the people you have met so far.

Spiritual: When you graduate what do you want to look back on and what do you want to have accomplished?

Career & Academic: Are you enjoying the courses you are in so far, and do you see yourself continuing with any of them in the future?

Social & Cultural: How can you maintain relationships with the new people you have met, or new clubs you are involved with?

Physical: What are some things you think you can do to stay physically healthy while you're in school?