Session 1

• About Me

“Mentoring depends on establishing and maintaining meaningful points of connection – the building blocks for effective interaction. By connecting first, we are better able to develop fruitful and productive learning relationships.” *The Mentor’s Guide, Lois Zachary*
About Me

Phone: _______________________________  Email: ________________________________________
ID: ________________________________________________  Home State: ______________________
Current Major: ________________________________________________________________________

Which of the following do you have           Scholarships             Financial Aid              Neither

Have you met with your academic advisor?   No                      Yes

Have you changed majors?     Yes  No

Are you the first person in your family to attend college?   No  Yes

Are you living on campus?      No  Yes

Difficulties Experienced/Concerns (Check all that apply)

☐ Academically Under-prepared     ☐ Over Involvement in Activities
☐ Alcohol                       ☐ Poor Time Management
☐ Drugs                         ☐ Relationship Problems
☐ Changing Major                ☐ Roommate Problems
☐ Difficulties with Professor   ☐ Course load too Heavy
☐ Failed to Attend Class Regularly ☐ Adult Student
☐ Family Crisis                 ☐ Victim of Crime
☐ First Generation College Student  ☐ Worked Too Many Hours
☐ Homesickness                  ☐ Other: __________________________
☐ Illness                       ☐ __________________________
☐ Documented Learning Disability ☐ __________________________
☐ Non-native English Speaker    ☐ __________________________

I have used the following resources at Texas Christian University to help me become a successful student: (Check all that apply)

☐ Academic Advisor     ☐ Library
☐ Academic Services    ☐ Counseling Services
☐ Career Services      ☐ Student Disability Services
☐ Writing Center       ☐ Math Clinic
☐ Tutor
About Me

It is helpful to reflect on your personal situation as you begin to develop a clear plan for academic success at the Texas Christian University. Work with your College 101 Mentor to reflect on the following:

Tell me about your best experience as a student at Texas Christian University:

Describe your two greatest accomplishments to date:

How could you use what you have learned from these accomplishments in the future?

List three adjectives that describe you at your best?

1. ________________________________
2. ________________________________
3. ________________________________

List three activities that you look forward to and energize you.

1. ________________________________
2. ________________________________
3. ________________________________

Taken from The University of South Carolina's ACE Coaching Program
About Me

The members of my support network that are available to assist me in becoming a successful student at Texas Christian University (friends, family members, classmates, employers, etc.) include:

1. ___________________________________________________________________
2. ___________________________________________________________________
3. ___________________________________________________________________
4. ___________________________________________________________________
5. ___________________________________________________________________

When you were approximately 9 years old and someone asked you what you, "What do you want to be when you grow up," what was your answer?

Now what is your answer to, "What do you want to be when you grow up?"

If you could major in anything, what would you major in? Why?
About Me - Mentor

Take time to share your life and experiences.

Name: ________________________________

Phone: ___________________________  Email: ________________________________

Home State: _______________  Occupation: ________________________________

Tell me about your family

How did you get where you are today?

How do you spend most of your time?

How do you manage work/life balance?

What used to be/still are your biggest weaknesses?

What are you most proud of?

What do you like most/least about what you do?
Additional Questions
Getting to Know You

- Is it okay that I get to know you?
- What is one thing I wouldn’t know about you unless you told me?
- What is a struggle you have overcome and how did you do so?
- What is your definition of success?
- What are your hobbies?
- How did you get to this institution? What do you enjoy about the university?
- Who is your biggest influence?
- If you could travel anywhere, where would it be?