

Breaking the Ice

- What made you choose surgery?
- What are some of the most important things in your life right now?
- What is something you like to do outside of work?
- What has been your biggest challenge as of late?
- What are you hoping gain from having a mentor?

Tips:

- Use "I" statements when addressing boundaries.
(i.e., I don't feel comfortable when _____)
- If boundaries are consistently being crossed, feel free to reach out for a new match!
- Be assertive in what you need to feel safe and respected.

When handling sensitive topics...

- Be curious, not opinionated
- Listen to understand.
- Know when something is outside your scope (e.g., mental health emergencies)

Setting Boundaries

I am not... _____ I am... _____

Communication

Mentee Preferred Contact: _____

Day of monthly Zoom meeting

(e.g., 1st Monday of each month): _____
(pairs should meet at least 2-4 times per year)

Conference for in-person meeting: _____

Expectations:

(e.g., I expect my mentee to initiate with emails.)

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Our Next Meeting Will Be On: __/__/2023

Main Goals

(tip: map out some milestones for each goal)

1. _____
2. _____
3. _____

Tasks for Next Time:

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The SECOND Trial

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24/7 Crisis Hotline: 988 Suicide & Crisis Lifeline

988lifeline.org

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.