

Suggested Discussion Topics/Activities for Mentees

- Identify personal goals for the mentoring relationship and discuss them with your mentor.
- Share successes with your mentor (e.g., a case you recently won, a strategy that worked well); share difficulties you have had.
- Explore honestly your motivation for seeking a judicial appointment, and candidly assess your qualifications with your mentor.
- Do some thinking and planning about your current career direction and goals. Identify how the mentor can help you meet these goals, and ask specifically for the help.
- Interview the mentor about his or her career path (e.g., barriers to overcome, pitfalls along the way, failures as well as successes).
- Be clear about what you want from your mentor at any given time (e.g., do you want advice right now, a sympathetic ear to listen, help with problem solving?). Do not be afraid to ask for the specific type of support you want in different situations.
- Discuss integrating personal and family life with career objectives and concerns, such as:
 - Family time;
 - Leisure time;
 - General health, diet, exercise;
 - Stress factors: tension, fatigue, burnout;
 - Stimulation factors: excitement, challenge, opportunity; and
 - Where your present activities fit into your life: lifetime career or steppingstone to something else.