

Suggested topics in no special order:

- Challenges living in the US and adapting to the American culture.
- Ask if they are feeling overwhelmed with the coursework.
- Reassure your mentee that feeling lost during lectures is normal.
- Ask how they feel about the qualifiers.
- Share study strategies.
- Ask if they are struggling with a particular class.
- Share your experience in each semester of the 1st year.
 - o Reflect on the things you did correctly and which things you regret doing.
- How demanding is the TA or teaching workload compared to you or other classmates?
- Importance of having a work-life balance.
 - o People are more than their Ph.D.
- How is your relationship with your advisor?
- Strategies to choose an advisor and reassure that you can change advisors
- Code-switching
 - o Do you need to be formal when talking to professors?
 - o How informal can you be when talking to professors?
 - o You don't need to be a different person when talking to professors.
- How important is networking
- How to stop being a student and switch to being a scholar¹
- The importance of creating a support TEAM in the program
 - o Not only is your advisor important, but you need other people (peers, staff, other professors) that you can ask for help both academically and personally.

¹ I stole this quote from Iman Malekshahi.