**Mentoring Session Activity**

**Session#1 Introductions and Bonding**

**Date: 08-30-2022 Time: 9 am (45 minutes)**

1. Short data-driven presentation (10 minutes)
   1. Career opportunity/job availability in computing fields (with salary information)
   2. Statistics on the shortage of qualified computing major graduates
   3. Statistics on the needs for computing graduates
2. Describe the objective/goal of Mentoring (3 minutes): presentation
3. Go over the expectations and rules for communications (5 minutes): presentation
4. Mentor introduction (10 minutes)
   1. Name
   2. Current position
   3. Career goals
   4. Journey to computing (including influential factors/ inspirations, barriers, and strategies to overcome barriers)
5. Group formation (20 minutes)
   1. Mentee introduction
      1. Name, program (if in the computing field, what was the inspiration), career goals
   2. Bonding activity
   3. Exchanging contact and communication time

**Session#2 How do you see computing as a career?**

**Date: 09-06-2022 Time: 9 am (45 minutes)**

Mentees will answer: 10 minutes

Question 1: What do you know about the computing career?

Question 2: How do you see computing as a career?

Question 3: What do you want to know about a “computing career”?

Each group: 15 minutes

* Mentees will share their answers to the group
* Mentors will:
  + Share (or reinforce) the data on the current state of computing careers [# of the job opening, salary, needs (shortage of) of computing graduates]
  + Positively reflect on the mentees’ answers
  + Try to answer mentees’ Question#3

The entire class: 20 minutes

* Each group will share their findings/interesting points with the rest of the class
* The class will also try to provide input on Mentees’ Question#3

Submission:

* Mentees’ answers to the three questions
* Reflection on your learning from the session including the answer to the following
  + If you are currently in a computing major, did this session motivate you to pursue
    - Yes, why?
    - No, why?
  + If you are currently not a computing major, did this session encourage you to consider computing as a major?
    - Yes, why?
    - No, why?

**Session#3 Know your own bios, insecurities, and perceived barriers toward computing careers**

**Date: 09-20-2022 Time: 9 am (45 minutes)**

1. A short video on Bias, Diversity, Equity, and Inclusion: 15 minutes??
   1. Presented (live/recorded) by the Office of Diversity
   2. Class discussion: understand ourselves and others, be open-minded, neutral, and non-judgmental
2. Mentees will complete the pre-course survey: 25 minutes
   1. Extrinsic barriers to computing careers:
      1. sense of belonging in computing
      2. pre-requisite missing (readiness)
   2. Intrinsic barriers to the computing careers
3. Computing Identity
4. Self-Efficacy
5. Academic Engagement (and motivation)
   1. Intend to pursue
      1. Did you ever think about quitting?

[Mentors will answers any questions mentees have if any]

Submission:

* Complete the survey

**Session#4 Develop strategies to overcome barriers to reach your personal goals**

**Date: 09-27-2022 Time:9 am (45 minutes)**

Before this session, mentors will analyze mentees’ pre-course survey responses and discuss the following:

* Share their own experiences (and/or stories) and struggles related to belongingness and computing identities. Mentors will also share strategies and resources (e.g. support groups) they utilized (or know) to overcome their barriers.
* Talk about the importance of self-efficacy and share resources on self-efficacy.
* Discuss why engagement and motivation are very important to be successful and share strategies and resources to stay motivated.
* Share other resources (university resources and outside) to be academically successful.
* Recommend treating failures as a learning experience (with personal experiences and examples).
* Encourage the group to ask more questions and discussion.

Submission:

* Briefly discuss strategies you are considering to overcome your top three barriers.
* Reflection on your learning from this session

**Resources to share:**

Leadership and engagement opportunity resources:

* [Engaged Learning (Links to an external site.)](https://getengaged.iupui.edu/opportunities/index.html)
* [Leadership & Engagement Opportunities (Links to an external site.)](https://studentaffairs.iupui.edu/get-involved/leadership-development/index.html)
* [Division of Student Affairs](https://studentaffairs.iupui.edu/)

Growth Mindset:

* Review the [Growth Mindset](https://iu.instructure.com/courses/1992682/files/123788396?wrap=1) resource.
* Growth mindset: <https://www.youtube.com/watch?v=I2ttL1kgZRk>
* Fix vs Growth: <https://www.londonacademyofit.co.uk/blog/interactive-quiz-fixed-vs-growth-mindset>

Academic Resources:

* Need to add

**Session#5&6 Learning and Creating a Computing Career Journey Map**

**Session #5: Learning about journey maps**

**Date: 10-25-2022 Time: 9 am (45 minutes)**

Mentors (20 minutes)

* Introduce journey maps with examples.
* Share their journey maps
* Upload journey map resources:

**Journey Maps Resources:**

Journey Maps:

* [Description  (Links to an external site.)](https://encoura.org/student-journey-mapping-redefining-the-student-experience/)

Journey Map examples:

* [UC Berkeley (Links to an external site.)](https://confluence.ets.berkeley.edu/confluence/pages/viewpage.action?pageId=44666785&preview=/44666785/45056350/experience-map-admissions.png%C2%A0)
* [Kapi’olani Community College (Links to an external site.)](http://goodjujuco.com/wp-content/uploads/2013/09/DetailMapMap_LiberalArts_Working_r5-RET-RGB.jpg%C2%A0)
* [International Student Journey (Links to an external site.)](https://dribbble.com/shots/4278842-Student-Journey-Map%C2%A0)

Mentees: (25 minutes)

Start planning your Journey map by thinking about:

* The big milestones you want to achieve toward your career goals (academic, personal, and professional goals & plans) in each year (Sophomore, Junior, and Senior)
  + Preparations (e.g., engaged learning and leadership experience, skills, course work, ...)
  + Perceived barriers and strategies & resources to overcome

**Session# 6 creating journey maps (45 minutes)**

**Date: 11-15-2022 Time: 9 am (45 minutes)**

Provide a large sheet of paper for each student (11X16"). In class, mentees will

* Work on their journey maps
* Share with the group
* Provide peer feedback

The Journey map should:

* Discuss the philosophy behind, the purpose of, and construction of journey maps.
  + Journey maps help to reflect on one's identity and to identify academic and personal goals, including the events and activities needed to reach these goals.
* Each mentee writes down their journey to this moment: "how did I get here?"
  + They identify significant moments and experiences that helped shape them into who they are today.
  + They describe each moment, reflect on why it was significant, and assign a feeling word to each experience.
* Each student writes down answers to "Where I am now?", "Where do I want to go?", and "Who do I want to become?"
  + They identify future experiences they think they will need to obtain their ideal career.
  + They identify any perceived barriers and strategies & resources to overcome
* Give each student a large sheet of paper (11X16").
* Students will create their journey maps. It can look however they would like (e.g. timeline, treasure map, etc.).
* Students share their journey maps in groups and provide feedback.

*Note: Consult with your mentors and peers and get feedback*

**Session# 7 Share journey maps and reflects on learning and experience**

**Date: 11-22-2022 Time: 9 am (45 minutes)**

Mentees:

* Share your journey map to the class and reflect on your learning and experience
* Complete the post-course survey (outside class)

Submission:

* Journey map
* Presentation slides
* Complete survey
* Reflection paper

**Mentoring activity for second-term students**

Session#1: Same

Session#2: Is there any change in your perceptions since last time? For example, Do you see “Computing as a career” differently compared to the last time?

Session#3: Same. However, is there any change in your perceptions (on any topics) since the last time you completed this survey?

Session#4: Did any of the strategies (you planned the last term) you tried but that did not work? If yes, do you have a different plan now, and why are you thinking this should work?

Session#5&6:

* Take the journey map you created in the previous term and update it based on your current standings.
* Work with the mentor to review your goals (by critically analyzing your goals based on your interest, strength, and weakness)
* Develop strategies and detailed plans to reach your next academic year's goals