

# DISCUSSION TOPICS



## REFLECTING ON LIFE

*Speak with your mentor about their experiences at Virginia Tech and in their early careers. What did they do to be successful? What did they wish they had done?*

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## MAKING CONNECTIONS

*Networking is an essential skill. Discuss your career goals with your mentor and who you can meet to reach those goals. If you are still developing them, ask to meet people who work in fields that you see yourself in.*



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## DEVELOPING SKILLS

*As a young adult, now is the time to learn the important skills you need as a professional. Talk with your mentor about any of your concerns: managing your intern paycheck, how to make a resume stand out, or even appropriate manners during a meeting.*



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## STAYING HEALTHY

*Even the hardest workers need to take breaks! As strange as it seems, your mentor needs to recharge sometimes too. Have a conversation about what both of you like to do outside of work and how you manage stress. Who knows? You might pick up a hobby or two!*

