

US Department of Energy Industrial Assessment Center – Women for Energy Efficiency (WE<sup>2</sup>) Network **Mentorship**  
**Activity Ideas**



**Industrial  
Assessment  
Center**

U.S. DEPARTMENT OF ENERGY

## METHODS OF CONTACT

1. Meet in person when you can.
2. Phone and video calls are also helpful tools.
3. Stay in contact via email and/or social media. Sometimes calls and in-person meet-ups are difficult to schedule, but the mentorship can still be productive as a primarily virtual relationship.
4. Meet up with other mentorship pairs from this program if possible.
5. When you do meet, share your stories with all of us on the IAC Women for Energy Efficiency Facebook group! <https://www.facebook.com/groups/2412385765651819/>



## CAREER DEVELOPMENT

- Resume and LinkedIn profile review.
- Mock interview.
- Make a list together of all the interview questions you can think of. What questions will they ask? What questions should you ask the interviewer?
- Attend local career fairs. If you can't go together, you can still make it a shared activity by calling before and after for support.
- Set up a meeting for the mentee with another professional contact in an area of interest.
- Attend the same Energy Conferences, events, or virtual webinars.
  - <https://www.mpofcinci.com/blog/best-energy-conferences/>
  - <https://aceee.org/conferences>
  - <https://www.aeecenter.org/events>
  - <https://10times.com/usa/power-energy/conferences>
  - <https://betterbuildingsolutioncenter.energy.gov/webinars-list>
- Send each other interesting journal articles and news stories about advances in technology.
- Take a professional online skill-building class together. (Leadership, coding, etc.)
- Share with each other interesting STEM or women empowerment podcasts and TED Talks.
  - <https://player.fm/featured/energy>
  - <https://soundcloud.com/swepodcasts>
  - [https://www.ted.com/playlists/253/11\\_ted\\_talks\\_by\\_brilliant\\_wome](https://www.ted.com/playlists/253/11_ted_talks_by_brilliant_wome)
- Discuss continued education, professional licensing, and certificate programs.
- Write a paper together (or abstract submission) for a technical journal or conference. Often times data analytics on the right topic can be done with long distance research partners.
- Create a career bucket-list with each other. Make it serious or fun, or both! Own my own company, work for a company with a female CEO, become published, hire my own team, become a project engineer, and so on.
- Ask each other about ideal job titles as well as industry sectors.
- Talk about what key words and techniques to use in online job searching.
- Discuss red flags in job searching and the interview process. How do you identify a good company and work environment from the interview and online searches?

## SOCIAL BONDING

- Get a coffee at your favorite coffee shop with WIFI and video chat with your mentorship partner via Skype, Facetime, etc.
- Listen to the same podcast or audiobook and talk about it.
- Go to a campus event together at the mentee's school.
- Share pictures of your pets, children, and vacations.
- Has the mentee considered travel or study abroad?
- Volunteer together for a cause you both feel strongly about.
- Schedule a day trip to a common major city. Go to an Art Museum. Take a chance and eat street meat together. Not every setting has to be about career building.
- Challenge each other to a silly creative STEM contest such to design and build the best solar pizza box oven, Rube Goldberg device, or papier-mâché volcano.
- Connect on a multi-player game app on your phones like Draw Something or Words with Friends.
- Celebrate International Women's Day on March 8<sup>th</sup> by picking a biography to read or biopic to watch about a little-known inspirational woman in history!
- Celebrate National Pi day together by eating pie together on March 14<sup>th</sup> while you meet via video conference. (Friendly reminder pizza can count as pie.)
- Celebrate Mary Jackson's birthday on April 9<sup>th</sup> by streaming *Hidden Figures* together.
- Talk about each other's experiences as a minority in engineering settings. Do either of you hold multiple marginalized/underrepresented identities in STEM?