



# Best Zoom Practices

Want to make the most out of your monthly zoom calls with mentees? Lock in these tips and techniques to ensure a meaningful conversation.

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## Why are monthly zoom calls so important?

Zoom meetings allow you to get to know your mentee better and gain a finer understanding of who your mentee is. Interacting via video call allows you to read their moods and understand their priorities and goals for their mentorship experience.

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## Tips & Techniques

Here are some things you can talk about with your mentee during your first few zoom sessions to build a good foundation for your relationship:

- Keep it light to start, ask about their hobbies and how they like to spend their free time.
  - Discuss their family, friends, and school environment.
  - Ask why they joined FIVE and what they hope to get out of the experience. Tell them why you joined FIVE and what you hope to get from the experience.
  - Share things about yourself- discuss your career path and ask if they have any questions about your life.
  - Create structure and boundaries to the relationship- if you're open about talking about your personal life, let them know that.
  - Make rules regarding your relationship- don't want to text after 8pm or only want to chat on certain days of the week, let them know that.
  - Develop communication strategies and discuss how you both best communicate.
  - Discuss activities that you two can do together- create vision boards, read an article or book together, watch a ted talk, play ice breakers, create a mentoring plan, practice interview skills. See what peaks their interest and yours!
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