



**Connecticut
Public Health
Association**

Promoting Public Health in Connecticut Since 1916

Speed Mentoring Guide

Questions for Mentors to Ask:

Introduce yourself, briefly stating your title, what you do and where you work.

1. Where do you study/work? What brings you here today?
2. What courses are you taking to prepare you for career in the field?
3. What do you see as your greatest talents and skills? (If they have trouble with this question ask: What do you like to do in your spare time? How do those skills and interests transfer to your work?)
4. What do you look for in a workplace? Probing question: Do you like working inside without walls (brainstorming/planning with others), by yourself (research, report writing and evaluation), interacting with others (emergency preparedness, wellness programs, management)
5. What are your financial goals? Are you taking courses to help develop strategic planning and financial management?

Questions for Students/Job Seekers to Ask:

After mentors introduce themselves, introduce yourself, shake hands, and describe where you are in your education.

1. Can you describe a typical day of work?
2. What are the [public health and related] jobs at your workplace? Are there opportunities to advance?
3. What are the most important skills that make you effective at your job. What skills, education and/or certification help you advance?
4. What skills and personal traits do you look for in a student/mentee/intern?
5. Are there learning opportunities for undergrads (job shadowing, group projects, internships)?
6. What were some activities/connections outside of work that helped advance your career?
7. How did you decide what area of public health to focus on?
8. If you had one piece of advice to leave me with, what would that be?

Questions for Educators to Ask:

After mentors introduce themselves, introduce yourself and describe your position.

1. What technical skills and qualities do you look for in a new hire/recent graduate?
2. What opportunities for onsite learning do you have for undergraduates (job shadowing, interviewing employees, internships)?
3. What internship opportunities and requirements do you have for graduate students? Are they paid or for credit?
4. Do you offer guest speaking for the classroom? On what topics?
5. What is the best advice you have for public health educators?