

Session 1: It's a Pleasure to Meet You

Mentor Modules adapted from Dr. Peter G. Northouse's [Introduction to Leadership Concepts and Practice: 3rd Ed.](#)

Welcome to the Peter C. Cook Leadership Academy (CLA) mentoring program! Whether you are a mentor or mentee, and whether this is your first experience with the CLA or you're a returning participant, we welcome you to another academic year and renewed opportunities to develop relationships and experiences. We've designed six sessions for mentees and mentors to work through together, with each session devoted to a distinct element of leadership development. Each session consists of three sections: Discussion, Discover, and Develop. We encourage all of you to share personal stories and experiences as you work through the material together, and we trust that you will learn from and with each other.

Discuss

The goal of this first session is for you to get acquainted with your mentor/mentee and to establish both goals and plans for communication and regular meetings going forward. Start by introducing yourselves to each other. A few questions as prompts (but feel free to go wherever the conversation takes you):

- Where do you work/what do you study? How did you end up where you are? What do you enjoy about what you do?
- Describe your family and/or friends and the role they play in your life.
- What do you do in your free time? If no free time, what would you most like to be doing?
- What are you passionate about?
- Who or what has influenced who you've become?
- Can you describe something that has really challenged you and how it has changed you or affected you?

Discover

The CLA's goal in this program is to develop students' leadership abilities through intentional relationships with community leaders. We also know from both research and practical experience that reciprocal learning happens between mentors and fellows, and we celebrate those discoveries.

Our goal is purposefully ambiguous and broad in order to allow mentors and students to speak into and shape the relationship to meet their own personal interests and goals as well. You are both entering this partnership with unique talents, experiences, and skills that will both inform and shape your experience in this program. Take a few moments and formulate at least two personal goals for this mentoring partnership, and write them here or file them somewhere you won't lose them. You will revisit these at the end of the semester. Spend some time discussing these goals.

Develop

Finally today, develop a plan and structure for communicating and meeting.

- Exchange whatever phone numbers/email/social media contact information is necessary to ensure that you both will receive communication from each other in a timely fashion, and agree on a reasonable response time from the other.
- Discuss and schedule at least your next meeting, with a goal of meeting once a month. If possible, plan the entire semester's meetings and put them in your calendar.
- Discuss how you will handle rescheduling if unexpected conflicts interfere with getting together.
- Plan and confirm the date and time of your next meeting.