

Exploratory Questions for Mentees

The exploratory questions outlined are designed to help students think more broadly about other aspects of their academic and career development. They are meant to be explored with mentors. Moreover, the exploratory questions are not intended to be an exhaustive list of questions to explore, but merely questions that a mentee should be able to understand for his/her growth.

3rd and 4th years:

- What are my values?
- How can I improve my grades?
- How can I improve my study habits?
- What are some time management skills?
- What school organizations should I join?
- What are the necessary elements of a satisfying professional position?
- What excites me about practicing optometry?
- Where do I want to live and in what kind of environment after graduation?
- What is my earning potential?
- What particular interests and skills can I bring to these modes of practices?
- How can I capitalize on the nature of the work that is most consistent with my interest, values and background?
- How can I make the best of those aspects of the work that are least consistent with my interests, values, and background?
- Should I consider a residency program?
- What specialty interests me?
- What are the modes of practice within Optometry?
- Which modes of practice are appealing and why?
- What is the job outlook for these modes of practice?
- Which modes of practice lend themselves to the lifestyle that I hope to develop?
- Who can help me learn more about these modes of practice?
- What particular interests and skills can I learn?
- How can I develop important and appropriate relationships with members of industry?

4th years:

- What is your opinion on the current job market? How will COVID-19 and/or technology affect the way we practice moving forward? Are there any trends I should be aware of?
- How will I manage my debt?

- How do I search for a job?
- How should I prepare for an interview?
- How do I write an effective resume?
- How do I write an effective cover letter?
- What skills or knowledge gaps must I fill to be highly successful in the execution of my career plan?
- What important collaborative relationships must I foster in order to successfully execute my career plan?