

WEEK 05

AUGUST 9
TO
AUGUST 15

THIS ISSUE

Extracurriculars
Fun Questions

CONVERSATION STARTERS

Reminders:

- These are suggestions for ways to keep the conversation going. Don't feel compelled to discuss everything in these documents.
- Be conscientious when giving your opinions—let mentees form their own impressions about Duke. Understand that every experience is different.
- Being candid will help your mentee feel more inclined to be sincere and vulnerable in return.
- You may not know the answer to some of your mentee's questions—don't be afraid to say "I don't know," and direct them to information in the resources guide.

Extracurriculars:

- What types of extracurriculars are you interested in joining?
 - Clubs
 - Explain club structure at Duke (i.e. you need to apply for some, varying time commitments, etc.). Acknowledge that while Duke is working to improve its "culture of selectivity," (ie. competing to get into Duke and having to continue competing on campus), is something that surprises many students upon arriving at Duke.



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Extracurriculars contd.:

- Pre-Professional Organizations (Pre-Business, Pre-Medical, etc.)
 - Describe you or your friend's experiences with pre-professional organizations
 - Many of these groups are selective so consider having a backup plan
- Research
 - Offer tips on how to get Research positions (i.e. Bass Connections, cold-emailing professors, Muser, Duke List, etc)
- Volunteer
 - Mention resources for volunteer opportunities including [DPS](#)
- Recreational / Fitness / Sports (membership comes with tuition)
 - Mention all of the group classes and programs offered at gyms
 - Selectivity with sports (intramural, club, varsity)
- Political Involvement
 - Durham-based Organizations, Local Campaigns, Canvassing, On-Campus Organizations (POLIS, DukeVotes)
- Are you interested in doing similar or different extracurriculars than you did in high school (or both)?
- What are you hoping to get out of your extracurriculars?
 - Give tips on time management

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Get-To-Know-You Questions:

- How would you design your dream vacation?
- What do you spend the most time thinking about?
- Are you proud of what you're doing with your heart and your time right now?
- What risks are worth taking? What do you take for granted?
- What mistake do you keep making again and again? Do you have any big regrets?
- If you were a vegetable, which one would you be? What about if you were a fruit?
- If you could turn any activity into an Olympic sport, what would you win a medal for?
- What is one or two of your favorite smells? What about your least favorite smells?
- What is something you think everyone should do at least once in their life?
- If you were someone else do you think you would have a crush on yourself?
- What memory do you wish to erase from your mind so you could re-experience it?

Don't forget to ask if the mentee has any other questions!

