

CAMP II Icebreakers

Consider these icebreakers as you ease into your mentoring relationships:

Start the meeting with a game.

- *Two Truths & a Lie:* One at a time, each person says three statements about him/herself. Two of these statements must be facts, or "truths," and one must be a lie. The other person then tries to guess which statement is the lie.
- *Rose-Thorn-Bud:* Each person shares a high (rose) and a low (thorn) from the past week, and something they are looking forward to (bud).

Get to know each other by asking questions.

- Get to know each other's stories/backgrounds.
- What got you interested in "x" career pathway?
- What are some of your favorite hobbies, or what do you like to do in your free time?
- What have been some defining factors in your personal and professional development?
- How have your values and mindset changed since starting your career?
- How did you get into science/STEM/career?
- What's your favorite part of what you do?
- Try this [random question generator](#).

Set goals that you can follow up on during accountability check-ins and monthly meetings.

- Use this [SMART Goals worksheet](#) to help create effective goals
- Explore the Career Access Mentor Portal's [CAMP II subpage](#) to determine what kinds of goals to set/ activities you can do together.