

OSU Beaver Connect Weekly Mentoring Guides

Strengths

Preparation for Session:

- Review the guidance offered by the Academic Success Center on the use of [reflection](#)

Purpose/Focus:

- Identifying students' strengths

Suggested Agenda:

1. Check-in with students

- Follow-up with students about any concerns/issues that were raised during previous mentoring sessions
- Suggested icebreaker: Everyone in the group share one thing that is going well this term and one thing that they are working on or may be struggling with

2. Topics to discuss: Reflection and identifying students' strengths

- As a group, share reflections from students' past experience at OSU or in previous academic settings. What do they know about themselves and how they learn? What areas might the students want/need to improve upon this term? Mentors listen and offer campus resources and success strategies as appropriate.
- Consider taking a free online strengths assessment together, such as this one from [High5Test](#).
- Think-pair-share is a collaborative learning strategy where the group works together to respond to a question.
 - Think: Everyone in the group takes a few minutes to develop a list of strengths that they bring to college. Encourage the group to consider all types of strengths - not just academic strengths like being good at math.
 - Pair/Share: Everyone pair with a partner (or the entire group) and share their strengths.
 - Analyze your strengths. Focus on what you do well. Continue to do well in those areas, and try to apply your strengths in other areas where you encounter challenge. Mentors offer ideas for how students can use their unique strengths to be successful in college.