




Getting started

Aim of session:

- ✘ To start to get to know one another and identify mentoring goals.

Objectives of session:

- ✘ find out what level and skill your mentee has when it comes to computers
- ✘ decide on their goals and do an action plan
- ✘ write down some times to meet for the next session
- ✘ give each other your telephone numbers.

Approx timing	Topic	Activity
20 minutes 	Getting to know each other	You might want to try chatting about the following to help you get to know each other: <ul style="list-style-type: none"> ✘ where you live ✘ jobs you're doing or things you've done in the past ✘ what you do in your spare time ✘ interests ✘ where you like to travel/go on holiday ✘ why you wanted to get involved in this project ✘ what you are both hoping to get from the project.
5 minutes 		Have a break
30 minutes 	Setting goals	<ul style="list-style-type: none"> ✘ Have a chat about what your mentee would like to achieve from your meetings and the ways it might change their life. They might want to find out how to use the internet and set up an email account so they can keep in touch with a relative living abroad. ✘ Once you've spent some time chatting about what you want to do together - write down the main goals your mentee want to meet in the action planning form. If you need a helping hand, use the action planning guide that you got during training.



5 minutes



Preparing for your next meeting

Agree a convenient time to meet up for your next session and exchange contact details (if applicable).



Be *involved*
Be a volunteer