

NOVEMBER 2025: Communication

PRE-SESSION ASSIGNMENT

Before this session, please provide the following assignment to all Mentors and Mentees in your group, making certain there is enough time for the assignment to be completed prior to the next Mentoring Group meeting:

- Both Mentors and Mentees should take the free DISC profile test prior to this meeting and be prepared to share results. <https://discpersonalitytesting.com/free-disc-test/>

PURPOSE OF THIS SESSION

We see the world through our own eyes. That includes how we view people, how we communicate with people, and how we interact with the world around us. In this session, you have an opportunity to explore how others communicate and view the world. Ideally, you can adapt your communication to meet others in a more meaningful way.

TOOLS & RESOURCES

- A PowerPoint slide deck to accompany this session is available on TCCP's website [here](#). You are welcome to modify the slide deck to meet your presentation style. Please ensure that you stay true to the essence of the topic.
- Remember to share a personal story of yours that pertains to the session topic, too!

TIPS & TRICKS

- Any additional tips and tricks?

DISCUSSION QUESTIONS

- What surprised you about your DISC profile? What didn't surprise you?
- How does this information help inform how you communicate with others with similar and different DISC profiles?

DECEMBER 2025: Post-Graduation Goals

PRE-SESSION ASSIGNMENT

Before this session, please provide the following assignment to all Mentors and Mentees in your group, making certain there is enough time for the assignment to be completed prior to the next Mentoring Group meeting:

- Both Mentors and Mentees should read the following article and be prepared to discuss:
<https://www.indeed.com/career-advice/career-development/career-goals-for-college-students>

PURPOSE OF THIS SESSION

The objective of this session is to help Mentees identify and set goals that will improve their opportunities for success.

TOOLS & RESOURCES

- A PowerPoint slide deck to accompany this session is available on TCCP's website [here](#). You are welcome to modify the slide deck to meet your presentation style. Please ensure that you stay true to the essence of the topic.
- Remember to share a personal story of yours that pertains to the session topic, too!

TIPS & TRICKS

- Any additional tips and tricks?

DISCUSSION QUESTIONS

- What hard skills vs. soft skills are most useful in today's workforce?
- How are you currently cultivating both hard skills and soft skills?
- Where do you see yourself in 5 years?

JANUARY 2026: Brand Building

PRE-SESSION ASSIGNMENT

Before this session, please provide the following assignment to all Mentors and Mentees in your group, making certain there is enough time for the assignment to be completed prior to the next Mentoring Group meeting:

- Both Mentors and Mentees should read the following article and be prepared to discuss:
<https://medium.com/capital-one-tech/establishing-your-professional-brand-as-women-in-tech-capital-one-5380e11d7be3>
- [The Art of the LinkedIn Profile](#)

PURPOSE OF THIS SESSION

Learn how your online presence creates a personal brand and what you can do to establish the personal brand that you want.

TOOLS & RESOURCES

- A PowerPoint slide deck to accompany this session is available on TCCP's website [here](#). You are welcome to modify the slide deck to meet your presentation style. Please ensure that you stay true to the essence of the topic.
- Remember to share a personal story of yours that pertains to the session topic, too!

TIPS & TRICKS

- Any additional tips and tricks?

DISCUSSION QUESTIONS

- What would you say is your personal brand(s)?
- How can you use social media tools to build your brand?
- How can social media hurt your brand?
- Can your brand evolve over time?
- What do you think are key brand qualities of a successful woman working in tech?

POST-SESSION ASSIGNMENT

- Create a LinkedIn page (if you don't already have one)
- Increase your network by XX number of people
- Apply at least 2 best practices to your profile

FEBRUARY 2026: Networking

PRE-SESSION ASSIGNMENT

Before this session, please provide the following assignment to all Mentors and Mentees in your group, making certain there is enough time for the assignment to be completed prior to the next Mentoring Group meeting:

- Both Mentors and Mentees should read the following article and be prepared to discuss:
<https://www.topresume.com/career-advice/importance-of-networking-for-career-success>

PURPOSE OF THIS SESSION

Learn how networking can enhance your careers goals and get tips on how to effectively build, manage, and leverage your own personal network.

TOOLS & RESOURCES

- A PowerPoint slide deck to accompany this session is available on TCCP's website [here](#). You are welcome to modify the slide deck to meet your presentation style. Please ensure that you stay true to the essence of the topic.
- Remember to share a personal story of yours that pertains to the session topic, too!

TIPS & TRICKS

- Any additional tips and tricks?

DISCUSSION QUESTIONS

- How can you build your network while still a student?
- What is your greatest challenge when networking?
- What goals can you set for yourself to build your network?

MARCH 2026: Negotiating

PRE-SESSION ASSIGNMENT

Before this session, please provide the following assignments to all Mentors and Mentees in your group, making certain there is enough time for the assignment to be completed prior to the next Mentoring Group meeting:

- Both Mentors and Mentees should read the following articles and be prepared to discuss: <https://www.nytimes.com/guides/working-womans-handbook/salary-negotiation-woman> and <https://hbr.org/2009/01/is-talent-going-to-waste-in-yo>

PURPOSE OF THIS SESSION

Learn best practices for negotiation and become more comfortable in working through negotiations.

TOOLS & RESOURCES

- A PowerPoint slide deck to accompany this session is available on TCCP's website [here](#). You are welcome to modify the slide deck to meet your presentation style. Please ensure that you stay true to the essence of the topic.
- Remember to share a personal story of yours that pertains to the session topic, too!

TIPS & TRICKS

- Any additional tips and tricks?

DISCUSSION QUESTIONS

- What is an example of when you advocated for yourself?
- What worked and what didn't when you advocated for yourself?
- Did you get what you wanted when you advocated for yourself? Why or why not?
- What type of short-term and long-term impact can **not** negotiating have on your career trajectory?