

fab CONNECT her

Future Female
Innovators In STEAM

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The Curiosity Jar

The Curiosity Jar is a simple tool to help you stay curious and avoid judgment during your mentoring sessions. Fill a jar (or any container) with slips of paper, each containing an open-ended, non-judgmental question like, "What was that experience like for you?" or "Can you share more about what you're feeling?"

Print and cut out the questions (or use the online document), then place them in the jar. You can also add your own curiosity-driven questions using the blank slips provided. Use the jar before or during your sessions to spark deeper conversations.

Process:

1. Prepare the Jar:

- Print and cut out the Curiosity Jar prompts and the blank slips. Write your own open-ended questions on the blank slips based on your mentee's needs and your goals. Place all slips in a jar or container.
- If you prefer a more sustainable option, you can use a digital document with the prompts and blank spaces for your own questions. Open the document during your session and select questions as needed.

2. Select a question:

- **Option 1:** Draw one or two slips from the jar (physical or digital) to use as focal points during the session.
- **Option 2:** If you need to deepen the conversation, pick a slip from the jar (physical or digital) to encourage your mentee to explore their thoughts.

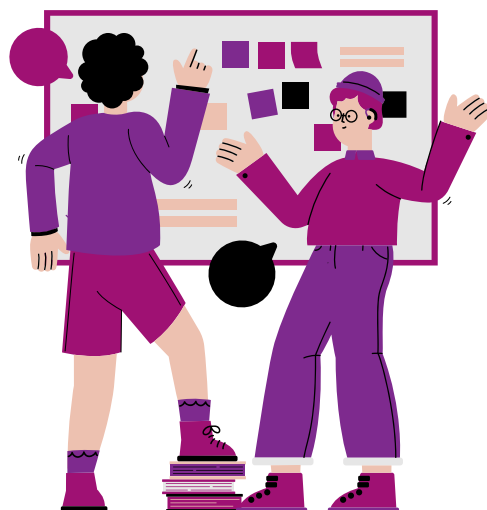
3. Use the Question to Guide Your Approach:

- Ask the question naturally during the conversation. For example, if the mentee shares a challenge, you could ask, "What's most challenging for you in that situation?" to help them reflect without giving advice.

4. Reflect on the Session:

- After the session, note which questions worked well in getting your mentee to open up. You can add or adjust questions for future sessions based on what you learned.

The Curiosity Jar helps you stay curious and focused on your mentee's perspective, creating a judgment-free space where they feel supported and heard.



Can you tell me more about that?

How are you feeling about or in that situation?

What would help you move forward?

What's something you've learned recently?

What are you proud of right now/in this situation?

What's been the most challenging part of this for you?

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