

fab CONNECT her

Future Female
Innovators In STEAM



Co-funded by
the European Union



Mentee Autonomy and Empowerment

This activity helps you support your mentee in setting clear goals and making independent decisions, reinforcing their confidence and autonomy in their STEM journey.



Process:

1. Goal-Setting Workshop (15 min)

- Mentees list their top three career or personal development goals.
- Mentors guide them through setting a SMART goal (Specific, Measurable, Achievable, Relevant, Time-bound) for one of their goals.
- The mentee remains in control, while the mentor offers guidance, not solutions.

2. Decision-Making Role Play (10-15 min)

- Scenario: A mentee must choose between two conflicting opportunities (e.g., a research internship vs. a leadership program).
- In a group: One mentee makes the decision, and the mentor observes, then provides reflective feedback (without influencing the choice).
- *Alone: Reflect on how you would support a mentee facing a tough decision. Write down open-ended questions you could ask to help them think critically.*

Mentee Empowerment questions

Helping mentees evaluate their sense of agency and empowerment.

- Do I feel confident in making decisions for myself? If not, what are the key barriers?
- How has my mentor helped or hindered my sense of independence?

