

fab CONNECT her

Future Female
Innovators In STEAM

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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?

