

Icebreakers

Icebreakers are short questions designed to help the mentor and mentees get to know one another. Icebreakers should not take more than a couple of minutes but function as a great tool at the beginning of meetings to literally “break the ice” and enable a more comfortable flow of conversation. Below are some questions that might be useful to help mentors and mentees kick off their meetings.

- What is your favorite U of A memory?
- Why did you choose to go to the U of A?
- Where are you originally from? Share a fun fact about the place where you grew up.
- If you woke up as an animal tomorrow, what animal would you be and why?
- What is a motto or tagline that you strive to live by?
- If you could be in one movie, which movie would you choose to be in and why?
- If you were stranded on a desert island, what three things would you have with you and why?
- If you could travel to one place in the world right now, what would it be and why?
- Where do you see yourself in five years? Ten years?
- If you could have dinner with any historical figure (alive or not) who would it be and why?