

Full Name:

Student Number:

Monthly Mentorship Student Log

Please complete the following log **after each** mentorship session.

Mentor name: _____ Date of meeting: _____

What my mentor and I discussed and/or accomplished:

Action Items/Goal Setting - what I need to accomplish before the next meeting with my mentor:

Questions for Independent Reflection

- How do you balance work/ school/ home life/ social activities/ extracurricular activities?
- After our discussion, what new questions are raised for you?
- What concerns do you have moving forward?
- What subjects have benefited you the most? Why?
- Tell me about a project that got you really excited.
- What's the last book you read? What did you like most about it?
- What kind of people do you prefer to work with?
- Who are you connecting with?
- Do you have any advice for next year's students?

Select one of the above questions, or a question of your choice to reflect on.
