

Mentoring Journal

Session #:		Date:	
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As you work through the program, please reflect and scribe your impressions at each step in the process and include any suggestions for improvement. These reflections will be useful in the monitoring and final evaluation of the mentoring program.

- ✚ Were there any “AHA Moments”?
- ✚ Were there any unexpected areas of learning for you?
- ✚ What actions do you plan on implementing or what will you be doing differently as a result of this mentoring session?

How do you feel right now about the mentoring relationship?

	Not At All	Somewhat	Neutral	Very	Extremely
Usefulness Effective use of your time?					
Relevance Relevant discussions on issues which are important to me?					
Growth Enhances my skills and expands my potential?					
Motivation Strongly motivated to reach goals?					