

Mentoring session self-reflection

For completion by mentoring pairs. Consider the meeting you have just had.
Complete this worksheet by yourself immediately after the session.

Mentoring pair		Date	
Reaction	<i>Personal response eg feelings or perhaps discomfort</i>		
Comments:			
Discussion	<i>Content -- making progress, solution focussed, mentee--driven</i>		
Self:	<input type="checkbox"/> <input type="checkbox"/> Good	<input type="checkbox"/> <input type="checkbox"/> OK	<input type="checkbox"/> <input type="checkbox"/> Needs work
Partner:	<input type="checkbox"/> <input type="checkbox"/> Good	<input type="checkbox"/> <input type="checkbox"/> OK	<input type="checkbox"/> <input type="checkbox"/> Needs work
Comments:			
Participation	<i>eg present, flexible, sensitive, open--minded, facilitative (not instructional)</i>		
Self:	<input type="checkbox"/> <input type="checkbox"/> Good	<input type="checkbox"/> <input type="checkbox"/> OK	<input type="checkbox"/> <input type="checkbox"/> Needs work
Partner:	<input type="checkbox"/> <input type="checkbox"/> Good	<input type="checkbox"/> <input type="checkbox"/> OK	<input type="checkbox"/> <input type="checkbox"/> Needs work
Comments:			
Communication	<i>eg clarifying, reflective comments, comfortable language, style of questions</i>		
Self:	<input type="checkbox"/> <input type="checkbox"/> Good	<input type="checkbox"/> <input type="checkbox"/> OK	<input type="checkbox"/> <input type="checkbox"/> Needs work
Partner:	<input type="checkbox"/> <input type="checkbox"/> Good	<input type="checkbox"/> <input type="checkbox"/> OK	<input type="checkbox"/> <input type="checkbox"/> Needs work
Comments:			
Relationship	<i>eg trust, rapport, developing confidence</i>		
Self:	<input type="checkbox"/> <input type="checkbox"/> Good	<input type="checkbox"/> <input type="checkbox"/> OK	<input type="checkbox"/> <input type="checkbox"/> Needs work
Partner:	<input type="checkbox"/> <input type="checkbox"/> Good	<input type="checkbox"/> <input type="checkbox"/> OK	<input type="checkbox"/> <input type="checkbox"/> Needs work
Comments:			
Progression	<i>Next steps eg further learning, research topics, peer discussion, discuss with partner</i>		