

Mentoring reflective log

Reflective practice involves the thoughtful consideration of an experience, situation, or topic, both positive and negative, which results in an outcome of a changed perspective (Spalding 2004). One of the most useful resources mentoring pairs can call upon is a reflective log - a record of your learning experiences, thoughts, feelings and reflections. It can be reviewed from time to time to assess how much progress has been made.

Name	
Personal Fulfilment: What has really frustrated you/pleased you lately? What has encouraged you or discouraged you?	
Completion: What tasks/actions have you completed lately? What did you leave incomplete? What did you avoid doing?	
Insight: What things do you see differently now? What have you learned about your self?	

Resourcefulness: What skills and knowledge have you gained or learned?
Who did you add to your networks?

Behaviour: Have you conciously changed the way you behave in some way lately?

Goal Fulfilment: What have you done that will take you towards your longer term goals?

Decisions: What significant decisions have you made lately? How do you feel about them?

Challenge: Who or what have you challenged lately?

Next Steps: What do you need to do now? What do you need to learn next?