

# 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.

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