



Mentee Self Reflection

As you prepare for mentoring, take some time to consider your future and what you would like to achieve during the mentoring process. Consider some short and long-term goals to discuss with your mentor.

What would you like to achieve over the next 5 years?
What would you like to achieve over the next 12 months to 2 years?
What do you consider to be your areas of strength?
What do you consider to be the areas in which you need to improve?
What are you hoping to learn or achieve as a result of the mentoring experience?
Reflect upon your answers above and consider what might be useful information to share with your mentor in your first few sessions.