

LEAD MENTORING PROGRAM
LEADERSHIP EXCELLENCE, ACHIEVEMENT, AND DEVELOPMENT
Reflection on Your Experience as a Mentee

Core Elements	Questions to Address
Coming to a learning conclusion: The specific learning derived from the mentoring experience	<p>Did I achieve my learning goals?</p> <p>If yes, what did I learn as a result?</p> <p>If no, what got in the way?</p> <p>What was the most valuable thing my mentor taught me?</p> <p>Is there anything I wish I had said to my mentor that I didn't say? What kept me from saying it?</p> <p>What specific insight, approach, or perspective did I gain?</p> <p>What else do I need to learn?</p> <p>What did I learn about mentoring? About being a mentee?</p> <p>What did I learn about myself as a person?</p> <p>What has being in this relationship taught me about myself as a learner?</p> <p>What would I do differently in my next mentoring relationship?</p>
Integrating learning: applying and integrating what you learned and taking it to the next level	<p>How will you apply what you've learned?</p> <p>What will you do as a result of what you've learned?</p> <p>What specific action steps will you take?</p>
Celebrating success: reinforcing learning and expressing appreciation	<p>What are meaningful ways to celebrate what you've accomplished?</p> <p>How will you express your appreciation to your mentor?</p>
Redefining the relationship: spelling out how your relationship will be different once the mentoring ends	<p>What happens after the mentoring relationship?</p>

Adapted from Lois J. Zachary, *The Mentee's Guide: Making Mentoring Work for You*