

Mentorship Modules

Discussion Guide 5: Reflecting on Your Journey

If you've made it to this point, you've completed the first-year mentoring curriculum, and the academic year is coming to a close. As you prepare to conclude your mentoring partnership this year, we invite you to take some time to reflect on this experience and celebrate your learning journey.

Discuss

Please go back to your first session together and review your goals. Reflect on the degree to which you feel you've accomplished each of these goals:

- What are some of the successes with regards to the goals that were initially set?
- Were there any unexpected goals that were accomplished or started?

Discover

1. Personal discovery:
 - a. What have you discovered about yourself and your leadership understanding/style/practice/etc?
 - b. What discoveries, "aha's," or revelations did you make? Or, what was confirmed through discussion and discovery over these past months together?
 - c. What elements of this mentoring experience will continue to resonate with you as you go forward from here?
2. Paired discovery
 - a. What has this mentoring experience been like for each of you?
 - b. What challenges did you face and how successful were you in meeting those challenges?
 - c. What have you learned from your mentor/mentee? What have the highlights of this experience been for you?

Develop

Together, develop a plan for moving forward. The CLA mentoring program is designed as a one-year match. However, pairs are welcome and encouraged to continue meeting as your schedules allow. Mentoring research continually demonstrates the benefits of extended relationships for both mentors and mentees.

Whatever you ultimately decide, take some time to celebrate the journey you've taken together and enjoy reflecting on your experiences here in the CLA mentorship program.