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| --- | --- | --- |
| Goals/ achievements | What were my goals in my mentoring work?  Have I achieved these goals with my mentorship?  Was the mentee satisfied with my work?  How do I know if she/he was satisfied or dissatisfied? |  |
| Self-reflection | Does my personality match with my mentee’s personality? If yes, why? If no, why, not?  What did I learn during the mentoring process?  How did I feel (emotionally) in the mentoring situation? |  |
| Possible limitations | Did my action/support match with the mentee’s expectations? If yes- how? If no- how?  Did I experience any limitations (e. g.: lack of knowledge/ competence/ information/ understanding, circumstances) that hindered me from giving proper support? If yes-why? |  |
| Knowledge and competence | What competence and knowledge did or should have helped me in this mentoring process? |  |
| Interpretation of experience  Future action | How does the meeting connect with previous experience?  Could I have managed the mentee’s inquiries better? How?  What could be my follow-up plan for the next meeting? |  |