

Self-Reflection for the Mentee

Reflect on Your Experience as a Mentee

What did I learn from this experience? What skills and information did I gain from this pairing and this relationship? How would I summarize the experience?

What have I learned about myself?

What worked well? What could I have done differently or better?

Is there anything I wish I had said to my mentor that I didn't? What kept me from saying it? What can I learn from this?

What lesson or lessons could I take forward if/when I transition to the role of mentor? #PayItForward

"Mentor Resources All Rights Reserved
Adapted with permission by the NORDP Mentoring Committee"



Adapted from Lois J. Zachary, *The Mentee's Guide: Making Mentoring Work for You*. San Francisco: Jossey-Bass, 2000, p. 116. Reproduced by permission of Jossey-Bass, an Imprint of Wiley. www.josseybass.com