

MENTEE REFLECTIONS

As you move through this certification, we want to make sure that you make the most of your time and experiences - and that includes really leaning into the mentorship! Below we are going to list some key points and topic areas to reflect upon. You may find that your needs may change over time, and that is totally fine; in fact, that's a sign of GROWTH!

SUPPORT

- What makes you feel best supported?
 - Words of encouragement (Mentee Expectations Worksheet, n. d.)
 - Deep discussion in my group or with my mentor
 - Acknowledgment
 - Resources

My Notes and Reflections:

OPEN LINES OF COMMUNICATION

- Am I taking advantage of opportunities to communicate with my fellow group members and mentors?
- Am I asking for what I need? (Everyone's needs are going to be different)
- Where am I feeling stuck or stagnant?
- What can communication look like?
 - Posting in Telegram
 - Private messages in Telegram
 - Attending Group Calls
 - If unable to attend live calls, am I making an effort to follow up with my group or mentor with any questions or comments I may have?
 - Sharing- We all learn from each other, and sharing relevant experiences is one way to do so!

- What do I want my 1:1 conversations with my mentor to look like?
 - Here are some topics to consider:
 - Goal Setting
 - Practice Pattern Change
 - Resume Review/Tips (Mentee Expectations Worksheet, n. d.)
 - Interview Prep
 - Navigating hard workplace situations
 - Changing Settings
 - Networking/Job Search (Mentee Expectations Worksheet, n. d.)
 - Clinical Questions

My Notes and Reflections:

GOAL SETTING

(As SLPs, we know how important it is to set attainable goals, and we are no different than our patients in that regard) Am I asking for what I need? (Everyone's needs are going to be different)

- What goals do I have?
 - Think BIG scary pit in your stomach goals, and then create smaller attainable goals to get you there! Check out pages 17-19 in Dr. Phillips-Jones's guide, linked below under resources, for more information about goal setting.
 - Goals can be both personal and professional (i.e., setting boundaries and/or work/life balance) (Mentee Expectations Worksheet, n. d.)
 - Also, keep in mind that change takes time, so please do not get discouraged (and if you do), please lean on your fellow group members and mentor- talk it out and brainstorm (you do not have to do this alone).

My Notes and Reflections:

MINDSET:

- Perspective is everything! Through this period of growth, there are going to be times that you may fall back into old patterns of thinking; investing in your mindset is also just as important as investing in your clinical skill set. Please take a look at some resources listed below!

My Notes and Reflections:

RESOURCES

Mentee expectations worksheet. (n. d.).

https://phys.washington.edu/sites/phys/files/documents/grad/phd_menteeexpectations.pdf

The Mentee's Guide: How to Have a Successful Relationship with a Mentor by Dr. Linda Phillips-Jones: <https://mentoringgroup.com/books/mentees-guide.pdf>

The Big Leap: Conquer your Hidden Fear and Take Life to the Next Level by Gay Hendricks

The Genius Zone by Gay Hendricks

Mindset by Carol S. Dweck, PhD