

# Mentorship Program: Mentee Workbook

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## Welcome & Intentions

This mentorship program is designed to support your personal, professional, and academic growth over the next 7 months. Use this workbook to reflect, set goals, and track your progress.

### Your Intentions

Why did you join this mentorship program?

What do you hope to gain by the end of this experience?

What areas of your life do you want to improve the most?

### Goal Setting

List 3 goals for this program:

- 1.
- 2.
- 3.

What would success look like for you by the end of this program?

## Month 1: Foundation & Self-Awareness

Pre-Meeting Reflection:

After Meeting Reflection:

Action Steps:

## **Month 2: Identity & Personal Brand**

Pre-Meeting Reflection:

After Meeting Reflection:

Action Steps:

## **Month 3: Career Exploration**

Pre-Meeting Reflection:

After Meeting Reflection:

Action Steps:

## **Month 4: Skills & Growth**

Pre-Meeting Reflection:

After Meeting Reflection:

Action Steps:

## **Month 5: Networking & Opportunities**

Pre-Meeting Reflection:

After Meeting Reflection:

Action Steps:

## **Month 6: Financial & Lifestyle Planning**

Pre-Meeting Reflection:

After Meeting Reflection:

Action Steps:

## **Month 7: Reflection & Next Steps**

Pre-Meeting Reflection:

After Meeting Reflection:

Action Steps:

## **Questions to Ask Your Mentor**

Career:

- What did your journey actually look like?

- What mistakes helped you grow the most?

**Mindset:**

- When did you feel the most lost?

- How do you handle doubt?

**Growth:**

- What habits made you successful?

- What should I be doing right now that I'm not?

**Networking:**

- How can I stand out to professionals?

- What makes you want to help someone?