

MENTORING

Personal Learning log

While you are working in a Mentoring partnership, we would encourage both mentors and mentees to keep a learning log. This can be as little as 5 minutes at the end of each session and act as a useful reminder of actions or homework for the next time you meet.

It's a journal of your own learning and is just for you. You won't be asked to share this so the content may be loosely structured and only of relevance to you.

A learning log requires us to begin to organise our learning. Rather than seeing mentoring beginning and ending with the time spent together, both mentors and mentees can reflect on what it is they're trying to achieve. This awareness allows you to have a greater perspective on your mentoring experience that will extend to all aspects of your life.

The benefits of keeping a log are:

- ✓ A useful 'tool' to help you recognise the progress you are making towards your learning goals.
- ✓ A way to develop an awareness of learning objectives and processes.
- ✓ An opportunity to develop reflection skills
- ✓ In having the discipline of reflecting, you may see more ways of taking appropriate, personal action.

How do I 'do' a Learning Log?

Try to write something down after each mentoring session and after you have used a new approach (behaviour, attitude, model, process) in your daily work. When you are very busy, taking a "do it now" approach for 5 minutes at a time makes it achievable, rather than putting it off until later. It is helpful to include the following:

- ✓ The context
- ✓ What you did
- ✓ Your thoughts
- ✓ Your feelings
- ✓ What worked well
- ✓ What you found challenging and how you dealt with it
- ✓ The key learning points

You may wish to use the sheet overleaf as a record of your learning, or create your own style and approach within a learning journal.

Location: Date:	
The context	
What I did	
My thoughts	
My feelings	
What worked well	
What I found challenging and how I dealt with it	
Key learning points	