

Reflection: Additional Mentor Workshops/Trainings

Name: _____

Today's Date: _____

Workshop Title: _____

Workshop Date: _____

What were the MAIN THEMES explored in this workshop/training?

What did you learn from this workshop/training and how will you apply it in your role as a mentor?

It might be helpful to think about the following when you are answering the questions above...

- (1) What was the central focus of the workshop/training?
- (2) How does the topic of the workshop/training connect to your role as a mentor?
- (3) How did this workshop/training enhance your knowledge about the topic covered?
- (4) Were there any specific skills that you learned as a result of this training/workshop?
- (5) How can you translate what you learned in the workshop/training to your mentoring role?

****Return this completed form to CETL (Old Main 101) along with your "Sessions Sign-in Sheet" on the 2nd and 17th of each month, when applicable. Credit will not be given for workshop/training attendance without the receipt of this reflection. ****