

A & S Peer Mentor Handbook 2016 – Appendix B

Reflection Worksheet

The Arts and Science Learning Communities team will be asking each of the Peer Mentors in each program (ASAP, FLEX, UTRAN) to reflect on previous sessions at the beginning of each Peer Mentor training session. Reflection is not as easy for some as it is for others; this Reflection Worksheet is designed to help the Peer Mentors take the steps necessary to be able to reflect on their progress and development as a Peer Mentor.

How do you think your session went?

Describe your role in the session, positive aspects, how did you feel?

What could you do different next time?

How do you feel this session was received by the first year students in your LC group?

The A & S LC team will be asking each Peer Mentor to reflect on the previous session, the above steps are meant as an example of how you would need to reflect on each session.

We ask that as you go through the term you continue to reflect on your progress as a Peer Mentor and make sure to complete this Reflection Worksheet as a part of your training and development as a Peer Mentor.

Peer Mentor
development

How has your communication developed in your LC group?

How is your relationship with your LC group?

What challenges are you facing as a Peer Mentor?

Peer Mentor
development

How do you plan to guide your LC group through mid-terms?

Which facilitation skills do you still need to work on?

Which facilitation skills are you really good at?

Closer to the end of the term, ask yourself these final Reflection Questions to ensure that you have completed your self-reflection on your experience as a Peer Mentor.

Peer Mentor
development

How have you helped the first year students in your LC group?

How would you describe your overall experience as a Peer Mentor?

What advice would you give a future Peer Mentor?

Peer Mentor (full name): _____

LC Group (ex. FLEX05): _____

Please make a copy of this Reflection Worksheet at the end of the term and drop it off in the mailbox on the door of Arts 508, Director of Arts and Science Learning Communities office.
Thank you.