

4.3 Journaling Activity

Try This!

Journaling can be an effective tool for many mentees. The journal pages can be printed ahead of time and scripted with consistent questions or the mentee can be given a blank book to write in at least once between each time with their mentor. The mentor will review the journal at each meeting.

Examples of scripted questions that can be used include:

How did I go above and beyond for my patients and/or co-workers?

What did I learn today?

What questions will I ask my mentor?

What would I do differently in the future?

What went well today?

I saw _____ value exemplified by _____
_____.