

## Career Mentoring Student Reflection

Now that you have completed your career mentoring, take some time reflect on what you experienced and how the mentoring might inform your college and career plans in the future.

Student Name:

School:

Career Mentor's Company:

Mentoring date range:

What aspects of the career mentoring were interesting? Which were not? Why?

What did you like about the career mentoring? What would you change?

Would you consider a career in your mentor's field? Why or why not?

What was the most memorable aspect of your career mentoring experience? Why?

What did you learn about your mentor's company and its employees? Please explain.

Describe ways that technology is used at your career mentor's workplace.

If you wanted to work where your career mentor works, what might you do to prepare in the next five years, both in high school and afterwards?

What knowledge and skills are you learning in school that might be used at your career mentor's workplace? Please explain.

What knowledge or skills do you need to strengthen to be successful at the mentor's workplace? Please explain.

Would you recommend that other students have a career mentoring experience? Explain.

Anything else you'd like to say about the career mentoring experience?

Adapted from original material created by NAF. Used with permission.