



# Weekly Report Notes Pages

Mentee Name: \_\_\_\_\_

## Week 4: Preparing for Success

- Have you been able to keep up with course work?
- What assignments do you have coming up?
- Have you made a study plan for your upcoming midterms?
- What do you do when you take study breaks?
- What have you done for fun since we last met?
- Have you been to your professors' office hours yet?
- Where have you been excelling? Where have you been struggling?
- What classes are you enjoying the most? What classes are you struggling to enjoy?
- What is your biggest challenge right now?
- ASB applications are coming up – are you interested?

Notes

## Week 5: Health and Wellness

- What are some of the things you have most difficult so far this semester?
- What have you enjoyed the most?
- What are some resources you have used or found helpful?
- How is attending more things and committing to going to class going to help you succeed?
- Have you found ways to pursue your hobbies at Carleton and in Ottawa?
- Is your sleep schedule healthy?
- What is the last time you did something for fun?
- What strategies are you using to de-stress?
- What do you find the hardest to accomplish? How can we make it easier?

Notes

## Week 6: Reflecting & Moving On

- What are you most proud of from your experience so far?
- What clubs have you joined? What friends have you made?
- What are your personal and academic goals for the rest of the term?
- Are you comfortable with the program being over?
- What are your expectations of our relationship moving forward?

Notes

Remember to go to [carleton.ca/mentoring/login](http://carleton.ca/mentoring/login) & complete your meeting report for each student!  
You can also find more of these resource sheets on the site to print off!