

THINKING ABOUT YOUR PERSONAL JOURNEY

By completing this exercise, you will gain self-awareness through self-reflection, which is fundamental to facilitating a learning partnership with your mentee. By clarifying your own journey, you can also avoid “mentor cloning” or being limited by your own experiences.

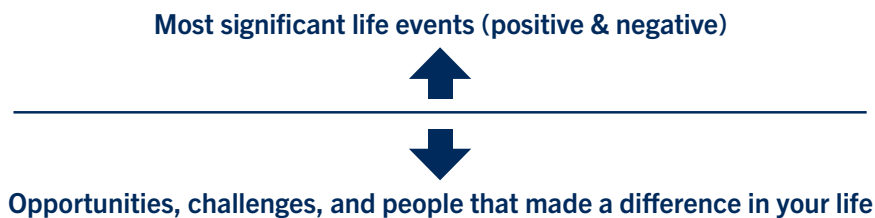
Step 1: Draw a timeline horizontally allowing as much room as you need above and below the line.

Step 2: In the space above the line, mark the most significant life events that have influenced you.

These can be academic, personal, or professional. Highlight all milestones and transitions, whether positive or negative, that have had an impact on your life.

Step 3: Below the line identify opportunities that made a difference in your life and identify challenges and obstacles that may have stalled your journey.

Step 4: Review your journey, and add the names of individuals who might have contributed to your development.



Reflection questions:

1. What lessons did you learn and how did they change your thinking?
2. What new understandings emerge for you as you review your timeline?
3. How can this new understanding help you in providing support to an undergraduate student?