Workshop Information

Your Name: ____________________________________________

Name of Workshop: ______________________________________

Workshop Date & Time: __________________________________

Mentor’s Name: _________________________________________

☐ When completed with a mentor signature Email this form to csluwt@uw.edu

Intentional Development Questions (IDQ’s): For leaders “I don’t know” (idk) thoughts must be replaced with intentional development questions (idq’s) if we are to grow!

(1) Reserving judgment, please summarize the event/workshop you attended (one paragraph or so): 
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(2) How does/can this topic relate to your own leadership growth? Consider: skills, behavior, values, and your perspectives.________________________________________________________________________________________
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(3) Consider your response to the last question. How can you gain more insight and support from your CEL/LEAD mentor at your meeting to spark personal and leadership growth on this topic?

MENTOR SIGNATURE: As a mentor please attest that you have met and supported your student mentee focusing on topics of personal and leadership growth:

Signature: ____________________________________________ DATE: ____________

***Please email or deliver this document/information back to csluwt@uw.edu or MAT 107**
www.tacoma.washington.edu/csl
Leadership Mentor & Mentee Meetings

To help you and your mentor get the most out of your mentor sessions you will need to **come prepared for every meeting.** As a student starting these conversations you might feel nervous, but don’t worry. Remember your mentor wants to help you!

To prepare for this meeting LEAD/CEL suggests three easy steps if you are stuck or a bit nervous:

#1. Tell Your Story

- Share the deeper story of why you are here and why you are doing LEAD/CEL.

#2. Share Your Observations:

- Be prepared with your Event Credit and Mentor Form filled out and ready to share.

#3. Ask for Advice:

- Ask where they have encountered the day’s topic in their professional lives.

- Ask how you might incorporate a lesson or goal you have.