



# SAILS Peer Mentoring Award

Reflective Journal (350-400 words)

Please use this form to reflect on your experience as a mentor. You will need to include details about the skills you have gained and challenges you have faced.

You will need to show that:

- You have developed an **awareness** of the general issues students face when they first arrive at University and during their time here. This could be through the training, interaction with mentees or through your own personal experience. Further reading is available via the SAILS [e-toolkit](#)
- You have **acted** as a positive role model for mentees; supplied suitable information and answered questions on life as a student
- You have **contributed** to scheme development. This could include helping with evaluation, attendance at mentor information events or providing scenarios for future training



**Student Mentor Name .....**

**Student Number .....**

**College/School .....**