

Mentor Interview

Name: _____

Hand In:

- Mentor information
- Interview questions
- Interview answers
- Reflection answers

Mentors play a vital role in your personal and professional lives. You may already have identified people that fill this role, and you will certainly meet more throughout your life.

Class Brainstorm: What is a mentor?

(Consider: Who can be a mentor? What can you learn from a mentor?)

Mentor Information:

You will be choosing someone in your life that you see as a mentor, and interviewing them. This can take place in person, over the phone, or on a video call. Although many of you can and do learn a lot from our peers, your mentor must be an adult!

In grade 12, you will be completing a Capstone Project and will be required to choose a mentor to support that graduation requirement. This is an opportunity to develop your skills with regards to asking a mentor for support and engaging with your mentor in meaningful ways that support your interests and learning.

My Mentor: _____

Role (Job/Cultural Position): _____

Relationship: _____

Why I Consider This Person a Mentor:

The Interview:

Choose/write **ten** questions to ask your mentor, set up a time to interview them that will have minimal distractions, then record their answers. The answers can be recorded on paper, typed in an email/text conversation, a voice recording, or a video recording.

Here are some questions you can consider asking (but feel free to write your own!!):

- What advice would you give yourself if you could go back in time?
- What do you love about what you do?
- What is the biggest challenge in your work?
- What does a typical week look like for you?
- What training, experience, courses, or programs are necessary for your work?
- What makes you proud of the work you do?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

*****Hand in the answers to these questions on a separate sheet of paper or in a video/audio file!*****

Reflection Questions:

- 1) What was the most important thing you think your mentor had to say? Why?

- 2) What was something they shared that surprised you? Why?

- 3) Why did you choose this person to be your mentor?

- 4) How can you see this mentor supporting you in the future?

- 5) Why do you think it will be important to connect with other people in this role in your future?

- 6) Describe a time **you** acted as a role model or mentor.