



# SEAOSC Mentorship Program

## MENTEE PRE-SESSION FORM

Overview of achievements and completion of assigned tasks (brief description):

---

---

---

Overview of the goals set in the previous session and the current situation (where I am on the path towards achieving the goal): \_\_\_\_\_

---

---

---

Barriers faced during the process and potential ways to overcome them:

---

---

---

Goals for the next session: what do I want to achieve at the next meeting with my mentor?

---

---

---

Details for the next meeting: \_\_\_\_\_

---

---

---

Date and time: \_\_\_\_\_ Location: \_\_\_\_\_