Mentee Well-Being Check-In

Session Details

Date: _____

Mentee Name:

_____

Today I Feel

- 😊 Comfortable
- 🔥 Motivated
- 😐 Neutral
- 😟 Stressed
- 😰 Overwhelmed

I Feel Heard and Understood

- ✅ Yes
- 🔶 Partly
- ❌ No

My Current Challenges

- Time Management
- Family Responsibilities
- Financial Difficulties
- Lack of Confidence
- Stress or Anxiety
- Motivation
- Other: _____

Support I Need Today

- Information
- Guidance
- Emotional Support
- Practical Solutions
- Someone to Listen
- Networking Opportunities
- Other: _____

Reflection

One thing that helped me today:

One thing I would like support with before our next meeting: