

Semester Report Mentoring Programme

The semester has come to an end and it is worth pausing for a moment. Surely you have had many challenges, exciting moments, new experiences and you have developed personally in the past months. Take your time to reflect. Think honestly and formulate new ideas, visions and plans. At the same time, use your semester report (**1-3 pages**) to inform your mentor about where you are and where you want to go and give him or her constructive feedback. Through this, you can gain even more added value for your mentoring exchange.

Possible topics:

1. Studies

- a) What goals were you able to achieve this semester?
- b) What has been particularly challenging for you?
- c) When did you leave your comfort zone?

2. Personal situation

- a) What was an impressive experience?
- b) Where were you able to make use of your strengths?
- c) What do you find easy and what would you like to improve on?

3. Mentoring relationship

- a) Where did you particularly receive support from your mentor?
- b) What could you learn from the personal experiences of your mentor?
- c) What topics would you like to discuss in the future?

4. Outlook

- a) What will you focus on in the coming semester?
- b) What will make you feel happy and what will you do to achieve?
- c) Where do you see potential for your personal development?

Please upload your report as a **PDF file** on the [mentoring platform](#). Contents will be treated with confidentiality and will not be shared with third parties.