



Ollscoil
Teicneolaíochta
an Atlántaigh

Atlantic
Technological
University

Mentoring Journal





Mentoring Programmes in Higher Education



What Mentors Do

- Mentors provide a positive presence in a person's life.
- A mentor seeks to help a mentee navigate through the everyday challenges of school, society, the community or the workplace by drawing on their greater knowledge and experience.
- Making a connection means gaining trust and fostering mutual respect and involves sustained, intensive personal commitment.
- The goal is to support the mentee to self-direct and learn from mentor experience.



Getting to Know Myself

- ✓ What do I love to do?
- ✓ What do I feel the world needs?
- ✓ What can I be paid for?
- ✓ What skills do I have?
- ✓ What tasks energise me?

“Everybody is a Genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid”.

What type of personality do I have?

Knowing your personality type is one way to build on what you enjoy and are good at. Understanding personality types helps you manage how you interact with others. Your personality type can help explain and understand how you operate. It shouldn't be used as a way to avoid or blame.

Some free personality tests are available at:

<https://www.16personalities.com/>

https://careersportal.ie/careerplanning/self_assessment.php

<https://www.geniusu.com/>

<https://www.testcolor.com/personalitytest/personalitytest.php>

More support on finding your path is available on

<https://mycareerpath.ie/>

How to use this Mentoring Journal

This journal can be used to:

- Support your own development
- Explore useful opportunities
- Track personal growth
- Identify strengths
- Set goals
- Enhance self-awareness

It is also a valuable resource for future reference, continuing improvement, and lifelong learning.

We all need mentors and we all can be mentors to others.

For more information contact: accessmentoring@atu.ie

Getting out of my own way

Ways we Get Off Track	What tends to Happen	Strategies to Get On Track
Doubt – Not believing ‘I can do it’	Keep learning / researching more	Set daily / weekly goals linked to targets
Not prioritising goals	Change focus, follow distractions	Get an accountability buddy
Confusion or Overwhelm - what do I do now?	Slow down or put on more pressure	Practice getting in the zone. Have a place with no distractions where you can focus
Overcomplicating things	Miss deadlines	Make decisions
Thinking ‘I’m not enough’	Defensive projection or self-criticism	Connect to others who believe in you and learn to believe in yourself

Notes

My Story

My hopes for the future (2-5 years from now):

I am considering the following courses or careers:

My favourite hobbies/interests:

My biggest fear about future education and what might help overcome it:

Notes

My Goals

Personal - A goal that will enhance my personal life is:

What will help me achieve this goal?

Who will help me achieve this goal?

Social - A goal that will enhance my personal life is:

What will help me achieve this goal?

Who will help me achieve this goal?

Learning - A goal that will enhance my education/career is:

What will help me achieve this goal?

Who will help me achieve this goal?

Notes

SMART Goals

My Goal:

S	Specific	What exactly do I want to achieve?
M	Measurable	What will prove I am making progress?
A	Achievable	Can I reasonably do this within my resources and time?
R	Relevant	How does this fit in with my overall values/ way of being in the world?
T	Timely	Start and end date?

Reward for SMART Goals:

Notes

Daily Planner

Use this diagram to plan how you would like to spend your time on a daily basis.
Write an activity beside the time in the diagram.

- Sleep
- School/College
- Work
- Relax
- Study
- Excercise
- Travel
- Other

Midnight

3am

6am

9am

noon

3pm

6pm

9pm

Notes

A Change of Mindset

 Fixed Mindset Thoughts & Beliefs	 Growth Mindset Thoughts & Beliefs
I worry more about looking smart than actually learning	→ I'm interested in learning for the sake of learning
Fear of failure stops me trying	→ I'm willing to try new things and take risks
I see setbacks as personal failures	→ I see setbacks as a chance to improve and grow
I take feedback as personal criticism	→ I appreciate feedback and learn from it
If I can't do something well straight away, I give up	→ If I'm not good at something, I usually practice until I improve
If I fail it's because I'm no good at it and there's no point trying	→ I learn from my mistakes
Other people doing well makes me feel bad about myself	→ Other people doing well encourages me and shows me what is possible
I stick to thing things I am good at	→ I like to try new things
I'm too shy to speak in public	→ With help and practice I can be more confident speaking in public

Notes

Stress Coping Mechanisms

“Do I need to change my situation or do I need to learn how to deal with the situation better?”.

Problem-based This is when you have to change your situation, possibly by removing the stressor.	Emotion-based This is when you need to learn how to cope with the situation, you may not be able to remove your stressor.
Coping Mechanisms	Coping Mechanisms
<ul style="list-style-type: none">• Time management• Create a to-do list• Ask for help• Engage in problem solving• Avoid the stressful situation• Leave the situation	<ul style="list-style-type: none">• Exercise• Meditation• Listen to music• Spend time in nature• Read a book• Go for a walk

What works for me?

Everyone has different coping mechanisms that work for them. There are many coping mechanisms not mentioned in the lists above. Avoid using alcohol, drugs, overeating, oversleeping etc. to cope with stress.

Coping mechanisms that I will try:

Notes

Nerves When Starting College

The thought of starting college may be daunting.

Remember

- ✓ You are not alone, lots of people panic and feel 'this isn't for me' at some stage
- ✓ Go to induction talks, do recommended tutorials, they will help if you approach with an open mind
- ✓ You will settle into your workload
- ✓ You will learn your way around way around the campus, don't be afraid to ask for directions
- ✓ Talk to your classmates, don't be put off if someone doesn't respond, they may be feeling anxious
- ✓ Get out of your comfort zone and join some clubs

Notes

Study Tips



Have a regular study area and time



List tasks in order of Importance & Urgency



Take your time and do it right (doesn't have to be perfect)



Celebrate your achievements



Plan your weekly study schedule



Avoid procrastination by breaking down tasks



Schedule healthy breaks



Get fresh air before and after study

Notes

Balancing Life

Identify eight areas of your life that are important to you in achieving a balanced life (e.g. Health, Family, Career, Music, Sport).

Then rate each section (1-10) by putting an 'x' in the box below which number reflects your current level of satisfaction (1= low satisfaction, 10= high satisfaction, etc). Look at what areas need more attention and plot your ideal scores. Then complete the exercise on page 25.

Example	1	2	3	4	5	6	7	8	9	10
Family										X

12345678910

12345678910

12345678910

12345678910

12345678910

Things I will START doing to have more balance in my life	Things I will STOP doing to reprioritise or delegate

Future Self Letter

Write a letter from your future self, dated a few years from now. Focus on the positives. Include anything that is important to you. See an example of how to start below:

31 December 2030

Dear Mary

It's been a great few years. I'm sitting here in my new house and the children are at school, both really happy and doing really well.

We had a lovely family holiday in France last year. I finally learned how to swim.

I'm in my second year of the nursing degree and I'm loving it...

Notes



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Access and Widening Participation Services

The Access & Widening Participation Service supports individuals from marginalised backgrounds to access and participate in higher education. We work with all education providers, community and advocacy groups, and prospective and registered students. Our supports include:

Who We Support

HEAR

**Traveller
and Roma
Community**

Carers

Mature

**Single
Parent**

**People with
Convictions**

QQI/FET

**Care of
the State**

**International
Protection**

What We Support

Access Pathways

- Access Programmes
- HEAR Admissions
- Mature Entry
- Further Education Entry

Financial Support

- Student Assistance Fund
- Laptop Loan Scheme
- Scholarships
- SUSI Advice
- Financial Readiness for Life

Outreach Opportunities

- Campus Visits
- Taster Sessions
- Open Days
- Mentoring
- Application Support
- Community and Advocacy Groups

Contact us

Donegal campuses

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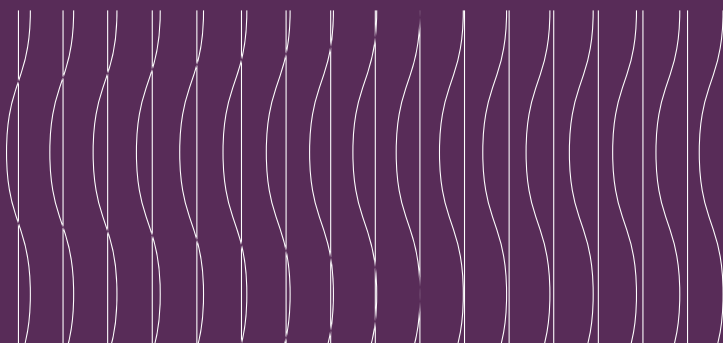
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Mentoring for Access and Widening Participation



CREATING
PATHWAYS
TO HIGHER
EDUCATION



A joint Higher Education Cluster Access Project between
Atlantic Technological University (ATU) and University of Galway.



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