



Final Meeting & Reflection

What it is:

A wrap-up conversation that provides closure to the mentoring relationship, highlights progress made, and offers space for reflection on lessons learned.

Benefits:

- Encourages mentees to articulate growth and next steps.
- Reinforces the value of the mentoring relationship.
- Provides closure while leaving the door open for continued connection.

Mentee Considerations:

- Prepare a short reflection on what you've learned and how you've grown.
- Share updates on your progress toward initial goals.
- Express gratitude for your mentor's time and support.
- Ask for final advice or guidance on upcoming career decisions.
- Discuss whether you'd like to stay in touch beyond the formal program.

Mentor Considerations:

- Encourage the mentee to reflect on their experiences and progress.
- Provide constructive feedback and parting advice.
- Affirm the mentee's strengths and potential next steps.
- Clarify expectations about future communication (if any).
- Celebrate the completion of the mentorship journey.

Resources:

- End-of-semester reflection prompts worksheet.