

J.N. BURNETT CAPSTONE MENTOR LOG



What is a Mentor?

A mentor is an adult that you trust, a person that can provide support and guidance as you are going through the process of completing your Capstone Project. It is preferable that your mentor has knowledge in your area of interest.

A mentor is a **good listener, accessible and available, and a positive role model**. A mentor uses their wisdom and experience to make suggestions, to guide you and to help you achieve your goals.

Once you find a mentor, you need to meet at least 3 times to discuss your Capstone progress. These meetings must be documented and signed on the Mentor Log sheet.

Permission

You will need permission from your Mentor(s) and your Parents/Guardians. If you have more than one Mentor, please print another copy of this form and have it signed. Please have each person sign this document.

Mentor

Name of Mentor (print first & last name): _____

Relationship to Student: _____

I agree to be this student's Mentor (check one): yes _____ no _____

Contact Email: _____ Phone: _____

Mentor Signature: _____ Date signed: _____

Parent(s)/Guardian(s)

Parent/Guardian Name (print first & last name): _____

Relationship to Student: _____

I approve the Mentor my child has selected (check one): yes _____ no _____

Contact E-mail: _____ Phone: _____

Parent/Guardian Signature: _____ Date signed: _____

KEEP THIS DOCUMENT IN A SAFE PLACE. YOU WILL NEED YOUR MENTOR LOG FILLED OUT (REVERSE SIDE) AND SIGNED OFF ON YOUR CAREER LIFE CONNECTIONS REPORT.



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Initial meeting (September/October/November)

What to talk about: Discuss your Capstone Proposal and Style with your Mentor. Get advice on your direction. Do they have any feedback on your plan, or suggestions on how to move forward?

Reflect on the interaction. Share what was discussed:

Date: _____ Mentor Name: _____ Mentor Signature: _____

Second Meeting (December / January)

What to talk about: Check in with your Mentor. Tell them about what you have done for your Capstone so far. Ask for their help in possibly re-focusing your next steps. Perhaps they can help you find good resources, or possible opportunities in the community.

Reflect on the interaction. Share what was discussed:

Date: _____ Mentor Name: _____ Mentor Signature: _____

Third Meeting (February / March)

Discuss what you feel you've learned during your Capstone process, and your ideas for your final Presentation. Ask for advice / support / feedback on your ideas. Discuss your successes and challenges and discuss your plan for how you will present your Capstone journey. Invite your Mentor to come to your Capstone Presentation in May.

Reflect on the interaction. Share what was discussed:

Date: _____ Mentor Name: _____ Mentor Signature: _____

KEEP THIS DOCUMENT IN A SAFE PLACE. YOU WILL NEED YOUR MENTOR LOG SIGNED OFF ON YOUR CAREER LIFE CONNECTIONS REPORT. SCAN/PHOTOGRAPH AND UPLOAD TO MYBLUEPRINT CAPSTONE PORTFOLIO AS YOU COMPLETE IT, FOR SAFE KEEPING.