



Fergusson College, (Autonomous) Pune.

An IQAC Initiative

Mentoring Journal

2025-2026

This journal belongs to

(Enter your name)

Use this link to begin your journey

<https://forms.gle/1feN1hrL4aRdCeYx8>

Module 1:

Why Do I Need a Mentor?

Understanding Mentoring

After attending the first session on mentoring you may want to answer these questions:

Self-reflection

What do you think is mentoring? Do you think it will help you in any way? Why or Why not?

Please type here...

Write the name of a person who inspires you to be your best self?

Please type here...

What qualities does that person have?

Please type here...

Module 2:

Who am I ?

SWOT

After attending the session on “SWOT” you may want to answer these questions:

Self-reflection

Describe an incident which made you feel proud of yourself?

Please type here...

Watch this video Inclusion – Naked Heart Foundation: [Naked Heart Foundation](#)
[#borninclusive](#)

Do you agree that everybody is unique and beautiful in their own way?

Please type here...

Module 3:

Where Do I Want To Be?

GOAL-SETTING

After attending the session on “GOAL-SETTING” you may want to answer these questions:

Self-reflection

What makes you wake up in the morning?

Please type here....

What is important for you?

Please type here...

Additional References:

1. [Set Goals - Based on how you want to feel](#)

Module 4:

What can I learn from others?

MEET A FRIEND

After attending the session on “Meet a friend” you may want to answer these questions:

Self-reflection

Relationships are the bedrock of career success - What do you think and why?

Please type here...

Additional References:

[Why we have too few women leaders | Sheryl Sandberg](#)

We would like to hear from you. Please feel free to share your feedback about mentoring on the email id: mentoring@fergusson.edu