



CranmoreConnects
Cranmore Education Mentoring Programme

Mentoring Journal



cranmoreconnects.ie



[@cranmoreconnects](https://www.instagram.com/cranmoreconnects)





Hello from the Cranmore Education Mentor

Over the past number of years, I have been mentoring young people and adults in the community who are interested in furthering their education and are trying to figure out what to do and how.

It is important to have access to quality information on what is available and how to access it. However, equally important is access to support on how to reflect, plan and overcome challenges. This will vary greatly from individual to individual.

You can use this journal to support your own development or if you are mentoring others. It can help you explore useful possibilities.

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

Ar scáth a chéile a mhaireann na daoine.
(Under the shelter of each other we survive).

All the best
Celia

**Monday to Wednesday
in 7-9 Devins Drive.**

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**@CranmoreConnects
www.cranmoreconnects.ie**

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/>

Notes

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:

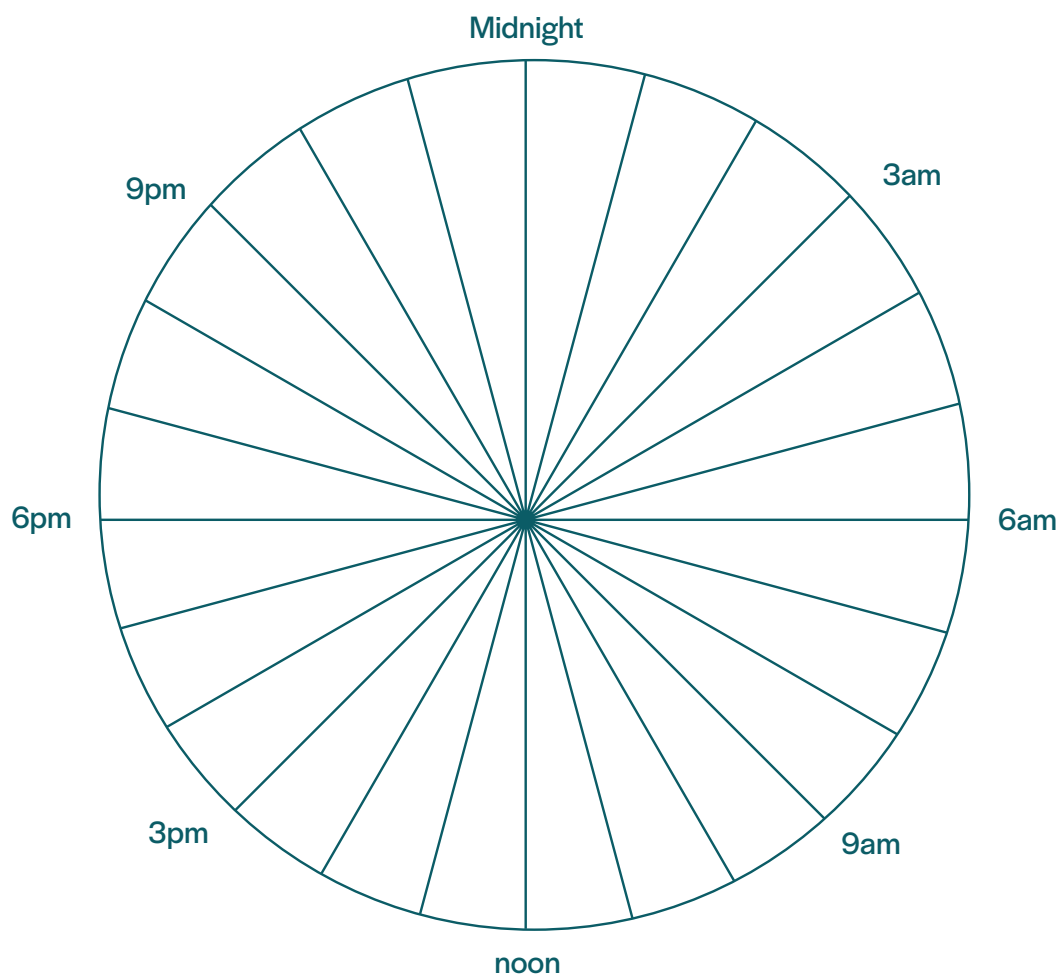
Notes

Wheel of Productivity

Use this diagram to plan how you would like to spend your time.

Pick a colour for each activity and fill it in in the box beside the activity and in each hour of the diagram.

	Sleep		Work		Study		Exercise
	School/ College		Relax		Other		Travel



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



Schedule healthy breaks



Get fresh air before and after study

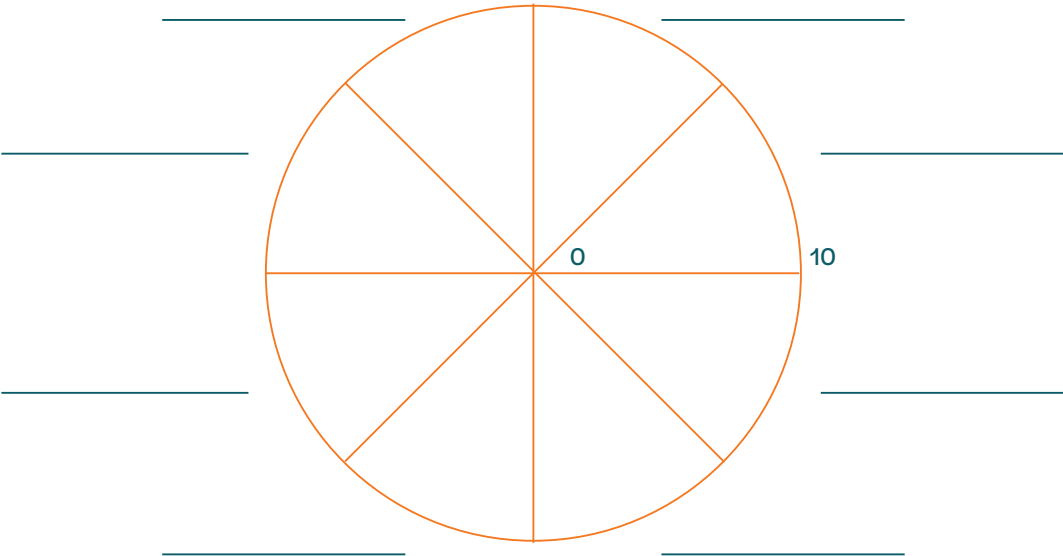
Notes

Wheel of Life

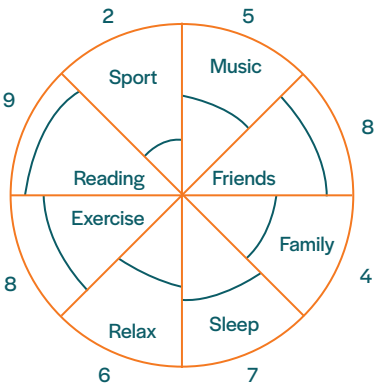
Each section of the circle represents balance, identify eight areas of your life that is important to you and represents a balanced life (e.g Music, sport, family).

Then rate each section by level of satisfaction (1-10) by drawing a line on the diagram similar to that on the example (0= low satisfaction, close to centre of circle, 10= high satisfaction, close to rim of circle).

Look at what areas need more attention and plot your ideal scores



Example



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

Notes

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 2026

Dear Mary

Its 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

Cranmore Connects 2022



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O'Iscoil
Teicneolaíochta
an Atlantaigh

Atlantic
Technological
University

Sligo.



Cranmore
REGENERATION



PATH
Programme for Access
to Higher Education