

OSARP Mentor Experience Reflection Paper

Instructions:

Write 2 pages (size 12 font, double-spaced, 1" margins). Please spell-check and minimize grammatical errors.

Write your paper when you have completed your hours and submit it online prior to your exit interview. (Your mentor will receive a copy of your paper).

[link to submission page]

Section 1 (½ page)

Describe the relationship with your mentor and how you spent your time together. Highlight some things you appreciate about your mentor, the relationship and the program, and mention some things that were less enjoyable or productive.

Section 2 (1.5 pages)

The primary purpose of this paper is to have you reflect on your overall well-being. Over the course of this program, you have completed activities and engaged in conversations that (perhaps to your surprise!) have been seeking to help you increase your well-being in some or all of the dimensions of well-being described below. We sincerely hope that you do feel a positive change in some (or all!) of these dimensions. This is your opportunity to take stock of where, when and how these changes have happened (if they have).

The ten dimensions of well-being have been broken into two groups and there are different requirements for each group.

For these five dimensions of well-being, rate yourself (in whatever way that makes sense to you) and describe how you have changed in terms of that dimension during the time you have been engaged in the Mentor Experience.

1. **Self-acceptance**, which refers to the degree positive attitudes you have about yourself, your past behaviors and the choices that you have made. Someone with high self-acceptance is pleased with who they are and accepting of multiple aspects of themselves, both good and bad. In contrast, individuals with low self-acceptance are often self-critical, confused about their identity, and wish they were different in many respects.
2. **Relationship with others**. An individual with positive relationships feels connected, respected, and well loved. They can share aspects of themselves, experience intimacy, and usually feel secure in their relations. In contrast, individuals with poor relationships often feel unappreciated, disrespected, unloved, disconnected, hostile, rejected, or misunderstood. They tend to feel insecure and sometimes alone or distant from others.
3. **Autonomy**. Individuals with high levels of autonomy are independent, self-reliant, can think for themselves, do not have a strong need to conform, and don't worry too much about what others think about them. In contrast, individuals low in autonomy feel dependent on others, are constantly worried about the opinions of others, are always looking to others for guidance, and feel strong pressures to conform to others' desires.
4. **Mastery over the environment**, which is the degree to which you feel competent to meet the demands of your situation. Individuals high in environmental mastery feel they

have the resources and capacities to cope, adjust and adapt to problems, and are not overwhelmed by stress. Those with a low level of environmental mastery may feel powerless to change aspects of their environment with which they are unsatisfied, feel they lack the resources to cope, and are frequently stressed or overwhelmed.

5. **Purpose in life.** Individual with a high sense of purpose sees their life has having meaning, they work to make a positive difference in the world, and often feel connected to ideas or social movements larger than themselves. Such individuals have a sense that they know what their life is about. Individuals low in this quality often question if there is a larger purpose, do not feel.

For these five dimensions of well-being, you are only required to briefly rate yourself and describe how you have changed in terms of that dimension **only if you recognize changes that you want to highlight because they are meaningful to you.** (Think about whether your mentor would like to read what you have to say on your progress!)

6. **Overall satisfaction with your life.** An individual with high life satisfaction feels pleased with most major domains, is at peace with the past, and generally feels fulfilled and content. In contrast, someone with low life satisfaction often wishes things were different, experiences problems in several major areas, and often feels dissatisfied, alienated, or unfulfilled.
7. **Emotional health.** Someone who is functioning well in this domain is able to experience the full range of emotions, is comfortable with their feelings, and generally feels more positive as opposed to negative emotions (i.e., more joy and excitement relative to frustration and anxiety). In contrast, someone who is having trouble in this domain has difficulty in effectively connecting with their emotions, often feels overwhelmed or afraid of their emotions, and tends to feel more negative than positive emotions.
8. **Academic functioning.** This refers to how happy you are with your academic performance, what you are learning and your sense that it is preparing you for a fulfilling career. Individuals highly satisfied with their academic functioning are pleased with the grades they get, enjoy the material they are learning and are hopeful about how this is preparing them for future careers they will find fulfilling. In contrast, those dissatisfied with their academic functioning are struggling to get the grades they desire, are frustrated with either what they are learning or their ability to learn the material and are confused, disappointed or anxious about their future career opportunities.
9. **Health and fitness.** This refers to how happy you are with your bodily health and fitness levels. An individual high in health and fitness does not have chronic health problems, is physically fit, and feels comfortable with their bodies and physical functioning. In contrast, a person who is low in health and fitness experiences chronic health problems, does not have healthy eating, sleeping or exercise patterns, or feels deeply dissatisfied with their bodies or physical functioning.
10. **Personal growth.** Individuals with high levels of personal growth see themselves as changing in a positive direction, moving toward their potential, becoming more mature, increasing their self-knowledge, and learning new skills. Individuals low in personal growth feel no sense of change or development, often feel bored and uninterested in life, and lack a sense of improvement over time.