

Mentoring Program - Sample Statement of Skills Achieved.

Skills developed through participation in the program, may include, but are not limited to:

- ✓ Improved communication and personal skills (particularly listening, questioning and giving constructive feedback)
- ✓ Leadership and management qualities
- ✓ Strengthened study skills, knowledge and expertise in

<insert content covered>

- ✓ Demonstrated engagement in a volunteering opportunity
- ✓ Adaptability proficiency
- ✓ Self-reflection and self-evaluation skills
- ✓ Increased coping skills
- ✓ Improved problem-solving abilities
- ✓ Emotional intelligence.

References

<https://www.planning.org.au/documents/item/8391>

<https://www2.aston.ac.uk/current-students/get-involved/mentoring-at-aston-university/peer-mentoring/benefits-of-mentoring>

<https://gtscholars.org/7-useful-skills-you-can-develop-through-volunteer-mentoring>

