**Mentor Pack - Session 5: Study Habits**

You have 2 main goals as a mentor for this session:

1. Reinforce previous session by revisiting Organisational Habits
2. Expand on previous session by exploring study habits.

**Activity 1 – Revisiting Scholar Inventories (15 mins)**

* Introduce yourself again and remind your mentees what you talked about last time then introduce them to the first activity:
* Each mentee states their full name and reminds the group of their “one way they could improve their organisation” from the previous session and updates on their progress.

**Note:** If you identified any ways to improve your own organisation in the previous session, update the mentees on your progress to help get them started.

**Note:** Some of your mentees may not have applied the exercise to their organisational habits since your last meeting. Remember to use non-judgemental communication and active listening when discussing this with them. Encourage them to try again. Remind them of the benefits of organisation in order to reach their goals.

**Activity 2 – Study Habits (25 mins)**

* The students were given worksheets in the previous session.
* If students have not completed their worksheets give them some time to do so.
* Go through each box on the worksheet discussing the importance/relevance of each question.

**Note:** Make sure you ask the students their opinion on each question rather than just introducing each one yourself. Try make it as much of a group discussion as possible by asking mentees who have not yet spoken to give their opinion as well as those who speak up first.

* After this discussion, go around the group and have each student share their favourite class and why.
* Next, go around the group once more asking each student to identify their ideal study location.

**Note:** Make sure to ask the group how their ideal study location compares to their actual study location. Ask them what changes they can identify to make their study location more “ideal” for them.

* After this, go around the group one last time and have each student share their two adjustments to help improve their Study.

**Wrap up (2 mins)**

Thanks the students for a good session and encourage them to put their adjustments into practice

Remind them that these are all steps towards their goals and you will be revisiting these goals in the next session.