**Mentor Pack - Session 4: Scholar Inventories**

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

1. Reinforce previous session be revisiting extracurricular activities
2. Encourage students to consider the effect their surroundings and habits have on their study and hence on their goals.

**Activity 1 – Revisiting Extracurricular activities (15 mins)**

* Introduce yourself again and remind your mentors what you talked about last time then introduce them to the first activity:
* Each mentee states their full name and name one extracurricular activity they will take up next year from their plan.
* After everyone has shared go around the group again, this time with each mentee picking one other extracurricular activity they will take up between now and graduation from their plan.

**Note:** If you plan to take up any new hobbies etc. then share these with the group to help get the mentees started.

* Ask your mentees about their experience with this exercise. Did they identify any activities they hadn’t considered before? Did they discover any clubs etc. they were not aware of?

**Note:** Some of your mentees may not have completed their plan. Remember to use non-judgemental communication and active listening when discussing this with them. Encourage them to try again and complete the exercise. Remind them of the benefits of extracurricular materials discussed by the other students and covered in the previous session.

**Activity 2 – Scholar Inventories (25 mins)**

* The students will be given the worksheets attached. Go through the introduction on the worksheet and talk about how their habits and environments can affect their ability to reach their goals.
* Ask students to tick “yes” or “no” next to each statement then answer the questions below.

**Note:** Try to get things started by giving the students examples from your personal experience or that of your colleagues or friends.

* After they have filled in their worksheets, go around the group and ask each student to identify what they do well and what they need to improve.
* Next, go around the group once more asking each student to identify one way they could improve their organisation.

**Note:** There may not be time for each student to share all of their answers to this section. Pick out a different student or ask for a different volunteer for each question and encourage them to discuss their answers with the group.

* Finally ask the students to fill in their ”study habit” worksheet at home. You will be discussing theses in the next section.

**Wrap up (2 mins)**

Thanks the students for a good session and encourage them to finish their worksheets at home.

Remind them you will be discussing them again the next session.

**Student Pack - Session 4: Scholar Inventories**

Being organised is an important part of being successful. The better organised you are the easier it will be to achieve your goals. When you study at school or at home, how you study (i.e. your habits) and where you study (i.e. your surroundings) can be just as important as what you study.

With your mentors help answer identify whether or not the following statements describe you

**Organisational worksheet**

|  |  |  |
| --- | --- | --- |
| **Statement** | **Yes** | **No** |
| I see myself as an organised person |  |  |
| I get ready for school the night before |  |  |
| I keep my locker tidy |  |  |
| I keep my room tidy (mostly) |  |  |
| I can easily find items in my school bag |  |  |
| I have a place at home/outside school I can study |  |  |
| I keep a calendar of my activities |  |  |
| I plan ahead most of the time |  |  |
| I make myself notes to remember things |  |  |
| I keep track of my belongings |  |  |

**Review your responses to the statements above and then answer the following questions**

In general, what do you do well?

In what areas do you need to improve?

What is one change you could make today to become more organised?

**Study habit Worksheet**

|  |  |  |
| --- | --- | --- |
| **Statement** | **Yes** | **No** |
| I complete daily homework assignments on time |  |  |
| I complete my long-term assignments on time |  |  |
| I set aside regular time for study every day |  |  |
| I waste time because I am not organised |  |  |
| I write down all my assignments |  |  |
| I often forget to bring work home |  |  |
| I enjoy learning |  |  |
| I have difficulty concentrating when I study |  |  |
| I have a quiet place at home to study |  |  |
| I have parents/ family/friends who can help with my study |  |  |
| I put off doing work until the last minute |  |  |
| I know what time of day I do my best studying |  |  |
| My inability to focus interferes with my studying |  |  |

What class do you enjoy the most? What do you think are the reasons?

Describe your ideal study location. Where are you? What do you have with you?

If you could make one or two adjustments to help improve your ability to study, what would they be?