

fab CONNECT her

Future Female
Innovators In STEAM

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Tracking growth

Assessing confidence and career progress in STEAM mentorship

This activity helps you track and evaluate your mentee's growth in confidence and career progress throughout their STEM journey. By setting clear goals, conducting regular check-ins, and using self-assessment tools, you can ensure your mentee feels supported and empowered in reaching their aspirations. This process also helps identify areas for improvement and celebrate progress along the way.

Process:

1. Understand Growth Assessment (5 minutes)

- Take a moment to think about why tracking progress is important, especially for women in STEM.
- Regular check-ins can help you identify your mentee's strengths, boost their confidence, and support their career goals.

2. Help Your Mentee Reflect and Set Goals (10 minutes)

- Use the **FabConnectHer self-assessment forms**, available in the activities library, to guide your mentee in reflecting on their confidence, strengths, and career goals.
- Work with them to set short-term and long-term goals that align with their STEAM journey.
- Encourage them to revisit these goals regularly to track their progress and make adjustments when needed.

3. Check In Regularly (10 minutes)

- Schedule regular one-on-one sessions to talk about their progress.
- Ask guiding questions like:
 - "What skills have you developed recently that you're proud of?"
 - "How have your career aspirations evolved?"
- Provide supportive feedback and celebrate their milestones to reinforce confidence.

4. Reflect on the Process (5 minutes)

- Take a moment to think about how tracking growth helps both you and your mentee.
- Consider ways to make growth assessment a regular and meaningful part of your mentoring approach.

By using the FabConnectHer self-assessment forms, you'll create a supportive environment that helps your mentee stay on track, recognize their achievements, and confidently move forward in their STEAM career.

