

## 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.

