

## Colorado APTA Mentorship Program - Mentorship Reflection Guide

Mentee name: \_\_\_\_\_

APTA ID number: \_\_\_\_\_

Mentor name: \_\_\_\_\_

Mentee's goal : \_\_\_\_\_

Use this reflection guide to organize your thoughts regarding mentorship and what you would like to seek in your PT career. You should complete this reflection guide prior to seeking out a mentor.

Use the reflection guide to help create a mentorship goal to present to your mentor. Your goal should be specific, measurable, attainable, realistic, and time-based (SMART).

Please fill in the reflection section of the table and your SMART goal for mentorship in the table below:

Topic	Examples	Reflection
Identify at least two styles of interaction or actions you will seek from a mentor.	Zoom call, in-person meeting, phone call, email exchange	
Describe the specific area of practice you are seeking mentorship in.	Examples of interests: manual therapy, dry needling, vestibular rehabilitation, concussion management, youth athletes, etc.	
How do you envision your mentor supporting you to achieve your goal?	Examples of support to achieve goals: discussion of clinical case studies, review of literature, discussion of treatment protocols, etc.	
Describe your responsibilities as a mentee pertaining to your goal.	Example: I will identify clinical cases where I have questions about the treatment program, and prepare specific questions for my mentor about patient management.	

**Mentorship SMART Goal:**

Example: I will be able to identify and implement manual therapy/TDN as part of an appropriate, evidence-based treatment plan. In 4 weeks, this will be demonstrated through the use of clinical case studies as discussed with mentor.