

The Matrix

A Self-Reflective Exercise

Complete the following matrix of your preferences and skills in relation to your current position here at Wartburg College (faculty position, staff position, student, etc.).

	Things I Like to Do	Things I Don't Like to Do
Things I Do Well		
Things I Don't Do Well		

Wartburg College
MENTORING

Reflection Questions:

- What do you believe this exercise is designed to do?
- How does this exercise connect with your goals?
- What do you think are your areas of strength? How do they help you in your position?
- Looking at the matrix, what are some things you would like to focus on during your meetings?
- What are some of the things you still need to work on or that you do not do or know so well?