



Mentor-session preparation checklist

A one-page preparation tool so students arrive with a goal, context, and safety expectations.

Checklist	Mentoring sessions	Students, Mentors, Guardians	Reviewed 2026-05-12
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Purpose

Arrive at a mentoring session with one clear goal, context, and safety expectations.

- Use this document before a mentor session, pathway decision, application step, or guardian review.
- Fill in what you know, mark what is uncertain, and verify official requirements before acting.
- Bring the completed notes to eStudent 360 mentoring, school counselling, or family planning conversations.

Before You Begin

- Use one session for one main decision; save unrelated questions for a later session.
- Keep communication on approved eStudent 360 channels.
- End the session with a next step, a review date, and any resource you need to read.

Detailed Checklist

- Write one goal for the session. Write a note showing what you checked, where the information came from, and what decision or question remains.
- Collect only documents you are comfortable discussing safely. Write a note showing what you checked, where the information came from, and what decision or question remains.
- Do not share passwords, private contact details, or identity documents in Q&A. Write a note showing what you checked, where the information came from, and what decision or question remains.
- Agree on the next step before the session ends. Write a note showing what you checked, where the information came from, and what decision or question remains.



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Student Planning Worksheet

Complete this section in plain language. If a field does not apply, write N/A. Do not include passwords, government ID numbers, medical records, private contact details, or sensitive family information.

Field	Your notes
Session goal	
Current stage	
Decision to make	
Questions to ask	
Documents to avoid sharing	
Next step agreed	

Reflections, Notes, and Questions to Ask

Use this space to capture what you learned, what still feels unclear, and the exact questions you want to bring to a mentor, guardian, teacher, counsellor, or admissions office.

What I learned or noticed

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Questions to ask next

Evidence and Source Notes

- Official source checked: record the source name, URL, date viewed, and any requirement you found.
- Cost or deadline checked: record application, materials, transport, examination, scholarship, or registration dates where relevant.
- Mentor question prepared: write one question that asks for guidance, comparison, or feedback rather than a guarantee.
- Next step agreed: write the next action, who owns it, and when it should be reviewed.



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Mentor and Guardian Review

Review item	Student	Mentor	Guardian
Goal is clear and realistic			
Official source checked			
Deadline or next action recorded			
Safety/privacy concern reviewed			
Next step agreed			

Safe Use Instructions

- Keep mentoring communication inside approved eStudent 360 channels unless the platform gives a clear approved alternative.
- For minors, guardian consent and appropriate supervision are required before mentoring participation.
- Do not share passwords, payment details, identity documents, private addresses, medical records, or emergency details in public Q&A or informal chats.
- If someone asks for money, private contact, gifts, paid access, or unsafe personal information, stop and report the concern.
- If someone is in immediate danger, contact local emergency services or a trusted adult first, then report the platform concern.

Related eStudent 360 Links

- Website: <https://estudent360.com>
- Resources: <https://estudent360.com/resources>
- Pathways: <https://estudent360.com/pathways>
- Find a mentor: <https://estudent360.com/mentors>
- Ask a mentor: <https://estudent360.com/ask-a-mentor>
- Report a concern: <https://estudent360.com/report-mentor>

Social

LinkedIn	https://www.linkedin.com/company/estudent360	@estudent360
Facebook	https://www.facebook.com/estudent360	@estudent360
Instagram	https://www.instagram.com/estudent360	@estudent360
X	https://x.com/estudent360	@estudent360
YouTube	https://www.youtube.com/@estudent360	@estudent360

This checklist supports planning and mentoring conversations. It is not legal, financial, immigration, medical, or admissions advice. Always verify official requirements before applying or paying fees.