

R.A McMath Capstone Mentor Log & Progress Report



What is a Mentor?

A mentor is an adult that you trust, a person that can provide support and guidance as you are going through the process of completing your Capstone Project. It is preferable that your mentor has knowledge in your area of interest. A mentor is a good listener, accessible and available, and a positive role model. A mentor uses their wisdom and experience to make suggestions, to guide you and to help you achieve your goals. Once you find a mentor, you need to meet at least **3 times** to discuss your Capstone progress. These meetings must be documented and signed on the Mentor Log sheet.

Permission

You will need permission from your Mentor(s) and your Parents/Guardians. If you have more than one Mentor, please make another copy of this form and have it signed. Please have each person sign this document.

Your Name: _____

Mentor

Name of Mentor (print first & last name): _____

Relationship to Student: _____

I agree to be this student's Mentor (check one): yes _____ no _____

Contact Email: _____ Phone: _____

Mentor Signature: _____ Date signed: _____

Parent(s)/Guardian(s)

Parent/Guardian Name (print first & last name): _____

Relationship to Student: _____

I approve the Mentor my child has selected (check one): yes _____ no _____

Contact E-mail: _____ Phone: _____

Parent/Guardian Signature: _____ Date signed: _____

Initial Meeting (September- December)

What to talk about: Discuss your Capstone Proposal and Style with your Mentor. Get advice on your direction. Do they have any feedback on your plan, or suggestions on how to move forward?

Reflect on the interaction. Share what was discussed:

Date: _____ Mentor Name: _____ Mentor Signature: _____

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The **essential question** that will guide my learning is...

Describe what your final Capstone Project will look like...

Updated Action Plan

Create a revised learning plan. Refer to the Inquiry process outlined in the Capstone Type you selected, your original plan and feedback you were given to help you fill out the updated action plan. Fill in the chart below, to indicate your action plan.

Action Steps List the steps in the Capstone Inquiry process linked to your Capstone Type	Timeline When will it be done?	Resources What do you have? What do you need? Who might you learn from?	Potential Barriers What gets in the way of your success? How can you be proactive?	Completed Use a ✓ to mark finished steps
Step 1:				
Step 2:				
Step 3:				
Step 4:				
Step 5:				



Annotated Resource List

An Annotated Resource List is one in which you explain in a paragraph what the resource is, what information it has that will be valuable to you, and how you plan to use that resource. Share 3 different resources that you have discovered to help you with your capstone goals. Your resources can be *websites, articles, books, videos, podcasts, interviews with experts, etc.* Each resource should be followed by a brief (about 100 words) descriptive and evaluative paragraph.

NOTE: Resources listed here should be *DIFFERENT* types. For example, only *ONE* video or *ONE* website.

Resource # 1: _____

Describe how this resource will help you:

Resource # 2: _____

Describe how this resource will help you:

Resource # 3: _____

Describe how this resource will help you:
