

Mentoring Mid-Term Report

Please fill out this form at the mid-term of the mentoring process.

I am a: (out a X)	Mentee	Mentor	Date:
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For how long have you met so far? (weeks, months)		
Do you think there has been any change in the way you use the internet (put a X)	YES	NO
If Yes, please write what it is:		
If No, please write the reasons:		
What was the influence of the mentor in this?		

For each sentence, tell us if you agree or disagree.	Disagree	Agree	Could be improved	If you choose "Disagree" or "Could be improved", please tell us in what way:
This mentoring process is helpful in building confidence in using the internet.				
This mentoring process is helpful in building confidence in using the social media.				
This mentoring process motivates to maintain an active performance on social media.				

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For each sentence, tell us if you agree or disagree.	Disagree	Agree	Could be improved	If you choose "Disagree" or "Could be improved", please tell us in what way:
This mentoring process has helped me in making vlogs on a chosen topic, based on my style.				
My mentor gives me/ As a mentor I am given confidence in my/ their own abilities to create digital content or vlogs.				
This mentoring process supports a closer dialogue between individuals and the Internet community.				
This mentoring process gives an empowered voice to older adults regarding their life experiences and sharing on the internet.				
This mentoring process is an important activity for older adults and the younger community, which enables well-being and social inclusion.				





Please add any other comment you feel necessary:

Mentoring Final Report

Please fill out this form at the mid-term of the mentoring process.

I am a: (put a X) Ment	ee Mentor	Date:
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For how long have you met? (weeks, months)		
Do you think there has been any change in the way you use the internet (put a X)	YES	NO
If Yes, please write what it is:		
If No, please write the reasons:		
What was the influence of the mentor in this?		

For each sentence, tell us if you agree or disagree.	Disagree	Agree	Could be improved	If you choose "Disagree" or "Could be improved", please tell us in what way:
This mentoring process is helpful in building confidence in using the internet.				





For each sentence, tell us if you agree or disagree.	Disagree	Agree	Could be improved	If you choose "Disagree" or "Could be improved", please tell us in what way:
This mentoring process is helpful in building confidence in using the social media.				
This mentoring process motivates to maintain an active performance on social media.				
This mentoring process has helped me in making vlogs on a chosen topic, based on my style.				
My mentor gives me/ As a mentor I am given confidence in my/ their own abilities to create digital content our vlogs.				
This mentoring process supports a closer dialogue between individuals and the Internet community.				





For each sentence, tell us if you agree or disagree.	Disagree	Agree	Could be improved	If you choose "Disagree" or "Could be improved", please tell us in what way:
This mentoring process gives an empowered voice to older adults regarding their life experiences and sharing on the internet.				
This mentoring process is an important activity for older adults and the younger community, which enables well- being and social inclusion.				

Improvements			×
	Y	ES	NO
Would you change something in the way that the programme is implemented?			
If you choose YES, please write what we can do better next time:	I		





Improvements	\checkmark	
	YES	NO
What additional		
information should be		
provided to new		
mentors and/or to		
mentees to make their		
mentoring relationship		
a success?		



For each statement, tell us if it applies to your situation:	\checkmark		Please write in what way:	
	YES	NO		
I feel more confident using the internet.				
I feel more confident using social media.				
I feel more confident in my relationship with ICT equipment and use of social media and applications.				
I feel safer using the internet.				
I can create and publish digital content/vlogs on the internet.				
I feel more involved and engaged in social media.				
I am more comfortable using social media as a leisure activity and communicating with a younger group.				







For each statement, tell us if it applies to your situation:	\checkmark	\bigotimes	Please write in what way:
	YES	NO	
I have more meetings with other friends and/ or other people.			
I have learnt new skills during the mentoring process.			

For each statement, tell us if it applies to your situation:	\checkmark	\bigotimes	Please write in what way:
	YES	NO	
I have gained more knowledge about social media and digital content creation.			
I feel able to promote digital literacy in older adults			
I feel I can support and help other mentors.			
I have improved my self- knowledge.			
I have more confidence due to positive feedback from mentee(s).			
I have learnt new skills.			
I felt supported during the mentoring process.			





