

Technical sheet for mentors



9. HOW MUCH DOES IT WEIGH?

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Foundation Meeting	Self-awareness Goal Setting & Planning	20	1
Learning-2-Learn dimension elements	<ul style="list-style-type: none"> - Evaluating own strengths - Evaluating own limitations - Identifying effective strategies 		
Tags	Resilience, counselling, work/life balance		

The aim of the activity

With this questionnaire, the mentee can get an insight into how much the stressors present in her life “weigh”. This tool can help her decide if she can take on a self-directed language-learning project and to which extent she needs support or counselling to achieve her goal.

Preparation

Print the activity tool **How much does it weigh?**
Follow the instructions in the application Section

Application

1. The mentee fills out the questionnaire. For each aspect of her life (e.g., work, study, finances...), she decides how much it weighs or how “heavy” it is for her. There are three options: a feather (not heavy at all), a grocery bag (somewhat heavy), and a metal weight (very heavy).
2. Discuss her answers. Possible questions are:
 - a. Are there a lot of aspects in your life that weigh heavy on you? If so, it might not be bearable to add something extra to your life (e.g. new life projects) the way it is right now. What could you change in order to make more room for your new activities?
 - b. Decide together with your mentee what her goal will be.




Direct link to the activity handout on the learning platform

<https://upsim.aidlearn.eu/en/>



Activity tool

1. How much does the activity listed in the table 'weigh' on your life? How much effort does it require from you? Answer by ticking the box that matches your experience.
2. Discuss your answers with your mentor.

				Does not apply
Work				
Study				
Learning disabilities				
Household				
Children				
Hobbies				
Health				
Social life (friends, family)				
Others:				

