

THE LEND FAMILY MENTORING EXPERIENCE JOURNAL

The journal is a required element of your Family Mentoring Experience (FME). The FME provides you the unique opportunity to observe first hand what it is like to raise a child with a disability. The journal allows you to reflect on your experiences with your mentoring family and how they have helped you grow as a professional.

Confidentiality

You must not share your journal with anyone outside of the LEND program, including your mentoring family, and it should *not* go into the child's medical record. Should your family member(s) ask to read the journal, you should summarize some of your positive observations and reflections while noting that you have been instructed not to share the journal with anyone outside of the training program. This will help maintain confidentiality while allowing you to write freely about your experiences. When writing about your family, do not use first or last names or any other unnecessary identifying information. You may discuss your journal with your discipline advisor, Training Director, and Parent Coordinator as needed. Sharing your journal with fellow trainees should be reserved for the quarterly FME meetings.

Journal Entries

Every phone call, e-mail contact and family visit you have with your mentoring family requires a journal entry. It would be wise to make your entries soon after your phone call, e-mail, or family visit while your memory of the event is still fresh.

You may print out copies as needed of the journal template which is located on the Division's G drive. Entries may be hand-written (as long as it's legible), or you may save the template as a Word document and do your entries on your computer. *Do not save your entries on the G drive.* There is no space limitation, so feel free to write as much as you wish.

While the journal format is nonrestrictive, you should keep the FME Objectives and Competencies in mind. This will allow you to better tie your experiences into the development of your leadership skills. Keep your FME Trainee Manual in this journal for easy referral to the FME Objectives and Competencies.

The Parent Coordinator will remind you to forward copies of your journal entries to her, your faculty advisor, and the Training Director a week prior to each quarterly FME meeting.