

Mentor-Apprentice Program Post-Session Checklist and Debrief

Mentor Name: _____ Apprentice Name: _____ Date: _____

You are not required to fill out this checklist and plan before your sessions or to submit them to Doyon Foundation. These are meant to be a helpful tool for you to organize and plan for your session well.

You are also not required to do everything on the checklist, but the more you are able to check off, the more prepared you will be for your session.

- ☐ **Thank your mentor.**
 - Maybe you did this at the end of your session already, but a text to thank or a check-in with your mentor can be a great way to keep good communication.
- ☐ **Save your recording of the session to a safe place.**
 - The recordings of your sessions will be essential records of your language and for practice later on. Make sure to save it to a safe place. Doyon Foundation will ask you to upload a certain number of recordings of your sessions each month.
- ☐ **Fill out post-session debrief and/or write a journal entry.**
 - Your immersion sessions may be very challenging and unexpected feelings may come up. It is helpful for both apprentices and mentors to debrief your sessions in writing or in other ways. Doyon Foundation has supplied debrief prompts that you can fill in (or you can write in a journal), recording how your session went, the things that you learned during the session, and how to process emotions you may be feeling after your session.
- ☐ **Transcribe your session if you would like to increase your comprehension or writing skills.**
 - While writing is a secondary skill for the Mentor-Apprentice Program, if you would like to gain some skills in writing or comprehension, you may want to consider practicing by transcribing your session into a Word document or notebook. This record could also be helpful if you decide to build a lesson plan from your session or if you intend to archive your materials later on. This is completely optional.
- ☐ **Try to listen to your session once (or twice) before your next session, if you have time.**
 - Though not required, listening to your session one or two times before your next session will help you to comprehend more of what you learned and be even more ready for your next immersion session. It can also help you become more aware of things you may have missed when you were in the immersion setting.



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Here are some prompts for your post-session debrief. Filling out this form is not required, but having a debrief will help you to process the language learned and emotions you might have connected your language learning. You will also be provided with journals for the program, so you can use those in place of this debrief document if you would prefer for more space. You can use the prompts in this debrief to write in your journals as well.

Review of Session: What did you learn during your session? What topics did you cover?	
Phrases: What words or phrases did you learn that you definitely want to remember and use? (You can also listen to or transcribe your sessions for practice.)	
Pluses and Deltas: What went well during your session? What could improve during your next session? What ideas do you have for your next session?	
Decompression Prompts: How did you feel — physically, emotionally, socially and spiritually — during your session? What motivates you to continue learning your language, even when it is hard? How can you incorporate more wellness, healing and ceremony into your language learning journey?	
Goals: What are your goals for the next session? How can you share what you have learned during your session with others?	