

# Mentee Journal

## General guidelines in preparation for mentorship meetings

### Before each meeting:

1. Write down items that you would like to discuss with your mentor
2. Describe what will add more value for you. Focus on 1-2 items primarily that will be discussed during the meeting.
  - a. Consider if you will focus on your strengths and leverage those
  - b. Or if you will invest time in closing a gap as this might be critical for your progress
3. Think about what agenda items you can provide your mentor before the meeting that you would like to focus on.

### During the meeting

Write what actions you have decided on taking until your next meet up. Keep a log of the actions and if you have a defined timeline. Example:

Action 1....

Action 2....

Action 3....

1. Think about what actions you tried to implement/fulfil. What were the learnings/what did you experience?
2. Consider how you feel about the current situation, what you are proud of and where you feel stuck.

An action plan could look like the below example but feel free to change the items as you find suitable:


Example 1:


Action	Timeframe	Desirable Results	Pros/Cons	Who to involve


Example 2

## Individual Development plan

Done    In progress    To do

 <b>Long term goal</b>

 <b>Short term goals</b>

Goal	Objective	Resources Required	Measurement	 Target date
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				

<b>Strengths</b>	
<b>Weaknesses</b>	

### After the meeting

Reflect upon how the session impacted you. A few questions to consider are:

1. What did you learn from your session?
2. What did you find out about yourself?
3. How can you enhance your learning process (what more do you need to research about, what you need to incorporate in your daily, weekly, monthly routine)?
4. How did your mentor influence your motivation?
5. What is the key thing you want to keep from the session?

## Appendix 1: How to set goals/objectives

Use the SMART goals framework

See more details here: <https://www.laureateinstitute.org/news/smart-goals-qa-with-dr-robin-aupperle>

Initial Goal (Write the goal you have in mind):

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1. Specific (What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?)

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2. Measurable (How can you measure progress and know if you've successfully met your goal?):

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3. Achievable (Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?):

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4. Relevant (Why am I setting this goal now? Is it aligned with overall values?):

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5. Time-bound (What's the deadline and is it realistic?):

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S.M.A.R.T. Goal (Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed):

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Use the GROW model

See more details here: <https://thepathfinder.coach/grow-model/>

## GROW Model

THE  
PATHFINDER  
COACH

G	R	O	W
GOAL	REALITY	OPTIONS	WILL
<p>DEFINE WHERE YOU WANT TO GET TO</p> <p>What do you want to achieve?</p> <p>What does your goal look like, specifically?</p> <p>How would you define your goal?</p>	<p>AGREE PARAMETERS OF YOUR SITUATION</p> <p>What is happening right now?</p> <p>How will your situation impact your goal?</p> <p>What resources are available to you?</p>	<p>EXPLORE OPTIONS AVAILABLE TO YOU</p> <p>What options are available to you?</p> <p>How might these options play out?</p> <p>How would you rank your options?</p>	<p>COMMIT TO A PATH FORWARDS</p> <p>How committed are you to your goal?</p> <p>What are the first steps forwards?</p> <p>What might get in your way?</p>



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More tools, guides and coaching support at [thepathfinder.coach](https://thepathfinder.coach).

## Appendix 2: Career paths framework

The US model - NICE Framework:

<https://niccs.cisa.gov/workforce-development/nice-framework>  
<https://www.sans.org/nice-framework/>

### Categories

	<b>Analyze</b> Performs highly-specialized review and evaluation of incoming cybersecurity information to determine its usefulness for intelligence.	Specialty Areas 
	<b>Collect and Operate</b> Provides specialized denial and deception operations and collection of cybersecurity information that may be used to develop intelligence.	Specialty Areas 
	<b>Investigate</b> Investigates cybersecurity events or crimes related to information technology (IT) systems, networks, and digital evidence.	Specialty Areas 
	<b>Operate and Maintain</b> Provides the support, administration, and maintenance necessary to ensure effective and efficient information technology (IT) system performance and security.	Specialty Areas 
	<b>Oversee and Govern</b> Provides leadership, management, direction, or development and advocacy so the organization may effectively conduct cybersecurity work.	Specialty Areas 
	<b>Protect and Defend</b> Identifies, analyzes, and mitigates threats to internal information technology (IT) systems and/or networks.	Specialty Areas 
	<b>Securely Provision</b> Conceptualizes, designs, procures, and/or builds secure information technology (IT) systems, with responsibility for aspects of system and/or network development.	Specialty Areas 

The EU model - European Cybersecurity Skills Framework (ECSF):

<https://www.enisa.europa.eu/publications/european-cybersecurity-skills-framework-role-profiles>

# 1. OVERVIEW



Chief Information  
Security Officer (CISO)



Cyber Incident  
Responder



Cyber Legal, Policy and  
Compliance Officer



Cyber Threat  
Intelligence Specialist



Cybersecurity  
Architect



Cybersecurity  
Auditor



Cybersecurity  
Educator



Cybersecurity  
Implementer



Cybersecurity  
Researcher



Cybersecurity Risk  
Manager



Digital Forensics  
Investigator



Penetration  
Tester

## Appendix 3: Other sources of inspiration

### Education

If you are interested in a bachelor or master degree in cyber security, a lot of universities have started offering these type of programs all over Europe. Search here in the European database:

<https://www.enisa.europa.eu/topics/education/cyberhead#/>

Few good sites to have in mind:

<https://www.bleepingcomputer.com/>

<https://thehackernews.com/>

<https://cybersecuritynews.com/>

<https://threatpost.com/>

<https://www.enisa.europa.eu/topics/cyber-threats/threats-and-trends/?tab=publications>

Few good podcasts to listen to:

Darknet series

Security Now

Malicious Life

Cyber security today

Zdnet security update

Cyber Security Brief

CyberWire Daily

Hacked: Into the minds of cybersecurity leaders

Exploring Information Security