



Mentor: (your name)



Patient Name:

The Loch Ness Monster

Place of Origin:

Scotland

Age:

n/a

Weight:

2500lbs

Length:

20'

Appearance:

long neck, serpent-like body.

Habitat:

water

Diet:

unknown

Comments:

This mysterious lake monster was first sighted in 565 AD, then most recently in 1933. **“Nessie”** is usually described as having a small head, long neck, broad body, four flippers and a long tail. Many people disagree that Nessie exists, however many others believe that she’s simply very elusive and possibly the shyest monster in the world!

Additional Comments: (what else do you know about The Loch Ness Monster?)

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Diagnosis:

extreme social introversion

Signature & Date



Nessie doesn't want to be shy anymore! Help her gain back her confidence!

Describe 3 reasons why she shouldn't be afraid to show herself to others. Be encouraging and understanding to her situation.

1.

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2.

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3.

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As a mentor, it is your job to record the progress of your patient. Describe a day in the life of **Nessie** as she works to overcome her social shyness issues:

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