

Mentor Self-Assessment

Before you commence this training, review the questions below and think about your readiness to be a mentor. Keep a copy of your answers. At the end of the training you will have an opportunity to complete the self-assessment again. You can compare this self-assessment with your answers after you have completed the training.

Circle or highlight the number that corresponds most closely to how you would assess yourself.

Mentor attributes

To what extent do you agree or disagree that are you the kind of person who:

	Strongly Disagree	Disagree	Neutral or Does not Apply	Agree	Strongly agree
is committed to your own learning	1	2	3	4	5
likes to spend time helping others learn, and to bring out the potential in others	1	2	3	4	5
is self-aware	1	2	3	4	5
is a good networker and enjoys connecting people	1	2	3	4	5
can role model effective behaviour?	1	2	3	4	5

Understanding of mentoring and the responsibilities of the mentor

Please rate yourself on your level of understanding of:

	Little	Not much	Neutral	Some	Very well developed
the mentoring concept	1	2	3	4	5
the role of the mentor	1	2	3	4	5
the responsibilities of a mentor	1	2	3	4	5
the benefits of mentoring	1	2	3	4	5
the phases of the mentoring relationship	1	2	3	4	5
the logistics of managing a mentoring relationship	1	2	3	4	5

Mentor skills

Consider how much you know about what it actually takes to be a great mentor. Do you have the skills? Consider your answers to the following statements.

I know how to:

	Strongly Disagree	Disagree	Neutral or Does not Apply	Agree	Strongly agree
build rapport and trust with a mentee	1	2	3	4	5
have a successful first meeting with a mentee and contract for success	1	2	3	4	5
help a mentee set goals for the mentoring relationship	1	2	3	4	5
manage confidentiality and boundaries of the relationship	1	2	3	4	5
listen actively	1	2	3	4	5
use appropriate questioning technique to allow the mentee to problem solve for themselves	1	2	3	4	5
summarise effectively	1	2	3	4	5
reflect back what the mentee says or feels	1	2	3	4	5
give advice when needed and hold back when not	1	2	3	4	5
balance the level of challenge and support in the mentoring relationship	1	2	3	4	5
take corrective action if the relationship is not meeting expectations	1	2	3	4	5

Mentor Readiness

Please rate yourself, based on your answers above, on how ready you feel to be a mentor:

- ☐ Not ready at all
- ☐ Somewhat ready
- ☐ Definitely ready