



# Mentor Self-Assessment



*This self-assessment is a self-reflection activity for the mentor to complete on his/her own, ideally before a mentor-mentee relationship has been established. The purpose of this activity is to help the mentor identify what he/she could bring to a mentoring relationship and what traits he/she has that could benefit a mentee. Answer each question below:*

I am very knowledgeable about:

My greatest skills include:

I would describe myself (my attributes) as:

My previous academic and extra-curricular experience includes:

My current responsibilities are:

The ways in which I'd like to help and think I'd be good at helping another student are:

I am not really interested in or don't think I would be good at doing the following as a mentor:

On a personal level, my interests and passions include (things I enjoy doing outside of work):

## MY PRIMARY INTERESTS FOR MENTORING

Based on this quick assessment, the two primary things I would like to help another student accomplish or do through mentoring are:

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## PRIMARY CONTRIBUTIONS AS A MENTOR

The main things about myself (skills, knowledge, attributes, experience) I'd like to share or contribute through mentoring are:

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