*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:

*
*

**PRIMARY CONTRIBUTIONS AS A MENTOR**

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

*
*