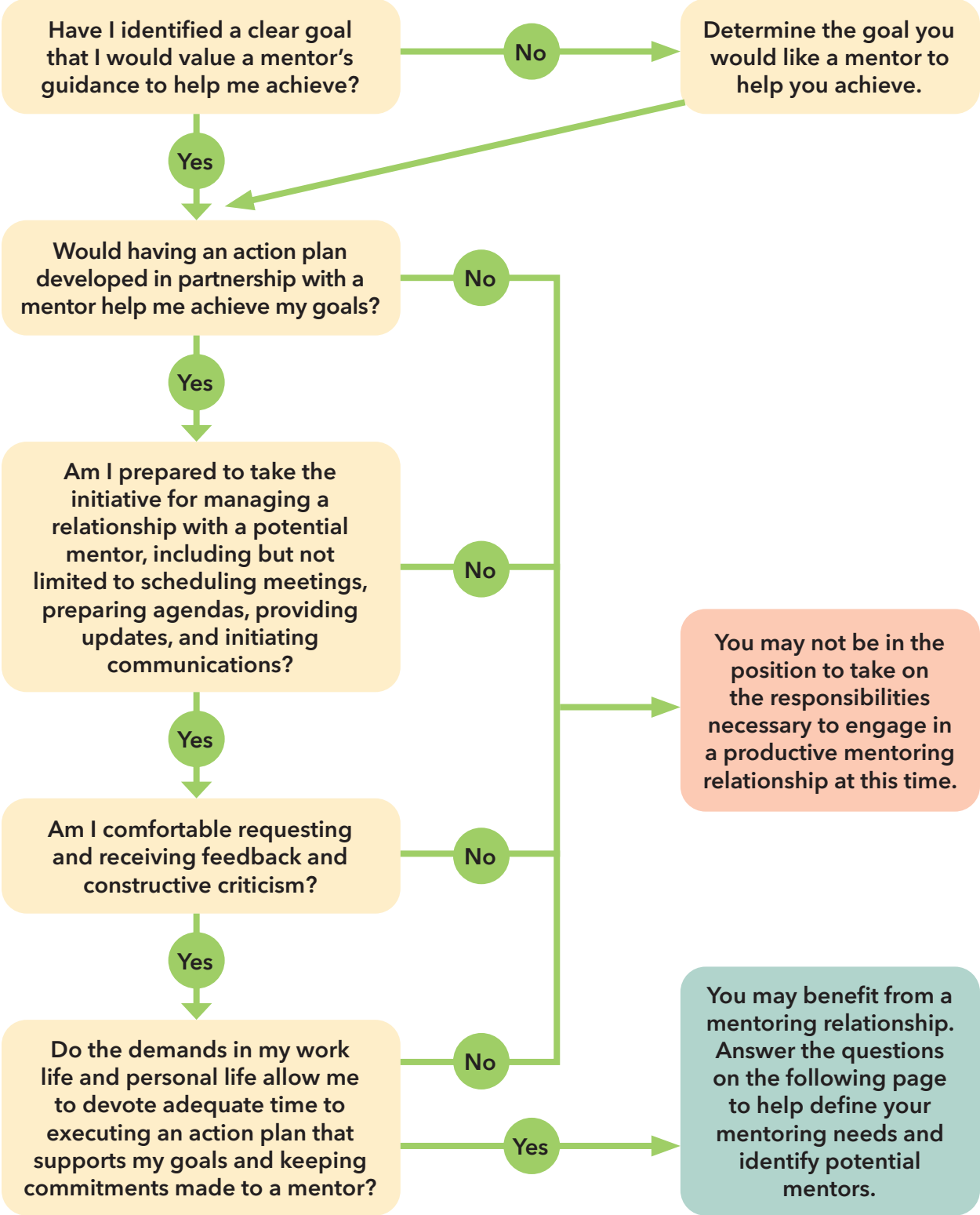


Mentee Self-assessment

To help determine if you might benefit from a mentoring relationship and identify potential mentors, complete the below mentee self-assessment.



What goal am I trying to achieve?

What experience and expertise do I have that support the achievement of this goal?

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-

What experience or skills gaps do I have that would prevent me from achieving this goal?

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To achieve my goal, I would benefit from a mentor with the following expertise:

- 1.
- 2.
- 3.

In addition to the above, I prefer it if my mentor has the below qualities.

- 1.
- 2.
- 3.

Research potential mentors, focusing on those who might meet your mentoring needs and preferences. While you should ensure potential mentors meet your mentoring needs, they may not fulfil all of your mentoring preferences. Your research might include:

- Conducting web and PubMed searches to identify experts.
- Asking colleagues for recommendations.
- Seeking out speakers at conferences.
- Actively engaging in networking.
- Connecting with your local ACP chapter.

Name of Potential Mentor	On a scale of 1 to 5, with 5 being the highest, how well does the potential mentor meet your mentorship needs and preferences? (Circle answer.)				
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5