Mentee Self-assessment

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

**Have I identified a clear goal that I would value a mentor’s guidance to help me achieve?**
- **Yes**
- **No**

**Would having an action plan developed in partnership with a mentor help me achieve my goals?**
- **No**
- **Yes**

**Am I prepared to take the initiative for managing a relationship with a potential mentor, including but not limited to scheduling meetings, preparing agendas, providing updates, and initiating communications?**
- **No**
- **Yes**

**Am I comfortable requesting and receiving feedback and constructive criticism?**
- **No**
- **Yes**

**Do the demands in my work life and personal life allow me to devote adequate time to executing an action plan that supports my goals and keeping commitments made to a mentor?**
- **No**
- **Yes**

Determine the goal you would like a mentor to help you achieve.

You may not be in the position to take on the responsibilities necessary to engage in a productive mentoring relationship at this time.

You may benefit from a mentoring relationship. Answer the questions on the following page to help define your mentoring needs and identify potential mentors.
What goal am I trying to achieve?
_____________________________________________________________________________________
_____________________________________________________________________________________  
_____________________________________________________________________________________
What experience and expertise do I have that support the achievement of this goal?
•
•
•
What experience or skills gaps do I have that would prevent me from achieving this goal?
•
•
•
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.

<table>
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<tr>
<th>Name of Potential Mentor</th>
<th>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.)</th>
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