Mentor Self-assessment

To help determine if you are a fit for a prospective mentee, complete the below mentor self-assessment exercise:

1. Do I have an understanding of the mentee’s goals for the mentoring relationship?
   - Yes: Proceed to the next question;
   - No: Connect with the potential mentee and learn more about their goals for the mentoring relationship.

2. Do I have the experience and expertise to help the mentee meet their goals?
   - Yes: Proceed to the next question;
   - No: Decline the invitation to mentor the prospective mentee. Encourage the mentee to connect with their local ACP chapter for assistance finding a potential mentor.

3. Am I able to devote the necessary time to this mentoring relationship?
   - Yes: Proceed to the next question;
   - No: Decline the invitation to mentor the prospective mentee. Encourage the mentee to connect with their local ACP chapter for assistance finding a potential mentor.

4. Am I able to help the mentee develop an action plan to meet their goals and provide guidance to support the mentee’s personal growth and the execution of the action plan?
   - Yes: Proceed to the next question;
   - No: Am I comfortable providing feedback and constructive criticism?

5. Am I comfortable providing feedback and constructive criticism?
   - Yes: Am I willing and able to sponsor this mentee, if appropriate?
   - No: Connect with the potential mentee and learn more about their goals for the mentoring relationship.

6. Am I willing and able to sponsor this mentee, if appropriate?
   - Yes: This mentoring relationship may be a fit for you and the mentee.
   - No: Decline the invitation to mentor the prospective mentee. Provide mentee with suggestions for an alternative mentor.

This mentoring relationship may be a fit for you and the mentee. Depending on the mentee’s goals, you may need to guide the mentee on how to find sponsors that can help them meet their goals.