

Interviewing and Selecting Mentors: Worksheet

Identifying the right mentor takes time. Often, you will need to meet with several potential mentors before identifying the right mentor/mentors. This worksheet can help you reflect on which mentor candidates might be an ideal mentor for you.

Fill in each cell using Y/N or 1=Don't agree, 2= Somewhat agree, 3= Strongly Agree, NA=Not applicable.

Mentor Characteristics	Mentor Candidate 1 _____	Mentor Candidate 2 _____	Mentor Candidate 3 _____
Personality match We will be able to forge solid and close working relationship			
Applicable knowledge Has relevant knowledge in area I'm seeking (i.e., writing, research teaching, clinical, etc.)			
Seniority level Understands needs of organization			
Experience in organization Has sufficient experience as leader to understand and predict challenges I may have in my career development			
Business and strategic acumen Thoroughly understands the business and strategic direction of the organization			
Track record Has a successfully track record in the area I am seeing mentorship			

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Has relevant network Is someone who might be able to share their network of contacts and resources			
Desire to mentor Seems to enjoy role of mentoring and educating and seems interested in helping me develop			
Emotional IQ Has emotional intelligence and the ability to perceive challenges and connect with me			
Character strength Demonstrates strong character, integrity and credibility			
Interest Expresses interest in me as a person			
Communication Has good communication skills			
Other (describe)			
Total			

Your Notes