Mentee Needs Self-Assessment Form: What Do You Need from Your Mentor(s)?

Take a few moments to think about the type of mentoring you need. You can use this form as an exercise in self-reflection or/and a communication tool to share with potential mentors.

1. What are you looking for from a mentor?

2. What qualities would you like your mentor to possess?

3. In what areas are you looking for mentorship?
    Science?
    Career Track?
    Work-Life Coaching?
    Other

4. Would you consider multiple mentors?
    Yes
    No
    Under these circumstances:

5. Select the type of mentoring that most appeals to you, and then rate the importance of each mentoring-type action (as applicable).

    I would like my mentor to be …

    A Confidant who will
    ___ Advise me on work-life balance, wellness, and resilience
    ___ Offer me a safe place where I can ask questions and share difficulties
    ___ Share with me how I am perceived
    ___ Offer honest evaluation

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I would like my mentor to be …

A High-Level Advisor who will
____ Advise me on career dilemmas
____ Strategize with me about career and organizational dynamics
____ Pose challenging questions
____ Identify opportunities for my professional development
____ Offer feedback on long and short-term career goals

A Skill Developer who will
____ Impart negotiation skills
____ Teach me scientific skills
____ Evaluate my teaching and presentation skills
____ Edit my grant proposals
____ Support my research enterprise infrastructure
____ Identify specific behaviors that are helping or hindering my career
____ Prescribe recommended actions

A Sponsor who will
____ Help me navigate organizational politics
____ Operate as my information broker
____ Solicit invitations for me to speak
____ Find potential research collaborators for me
____ Nominate me for awards
____ Increase my visibility
____ Fosters networking opportunities for me

6. Describe your ideal mentor.