

Self-Assessment: Mentor Readiness

Purpose: Use this one-page self-check to reflect on your readiness and expectations before committing to a mentorship role.

1. Understanding the Role

- ☐ I will provide guidance to support mentee growth.
- ☐ I can offer honest, constructive feedback while encouraging confidence.
- ☐ I respect boundaries and can maintain a professional relationship.

2. Time Commitment

- ☐ I'm able to dedicate consistent time for mentorship (e.g., hourly monthly meetings).
- ☐ I can prioritize timely, thoughtful communication with my mentee.

3. Mentorship Qualities

- ☐ I listen actively and approach each conversation with empathy.
- ☐ I foster independence rather than control mentee decisions.
- ☐ I am open to learning and growing alongside my mentee.

4. Navigating Challenges

- ☐ I'm comfortable engaging in honest, sometimes difficult, conversations.
- ☐ I'm able to flex my approach to meet my mentee's needs and goals.
- ☐ I know where to refer my mentee if they need support beyond mentorship.
- ☐ If I don't have an answer, I'm willing to seek resources or refer appropriately.

5. Motivation & Growth

- ☐ I'm motivated by the opportunity to give back and support others.
- ☐ I view mentorship as a two-way experience that benefits both of us.
- ☐ I'm invested in my mentee's success and not in receiving recognition.

Reflection Prompt: If you checked most of the boxes, you're likely well-prepared for a meaningful mentorship experience. If not, consider what you might explore or clarify before proceeding.