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## Mentoring Assessment Form For MENTEES

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These questions may serve as a guide for your mentee to evaluate the effectiveness of your mentoring relationship.

**A** = Agree      **TA** = Tend to Agree      **TD** = Tend to Disagree      **D** = Disagree

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|-----|--|---|----|----|---|
| 1.  | I feel prepared to obtain effective mentoring.                                       | A | TA | TD | D |
| 2.  | The value of my relationship with my mentor is important to me.                      | A | TA | TD | D |
| 3.  | My mentor has made adequate time to meet and communicate with me.                    | A | TA | TD | D |
| 4.  | My mentor and I concur on goals for my professional development.                     | A | TA | TD | D |
| 5.  | My mentor supports me as a person, respecting my personal and professional goals.    | A | TA | TD | D |
| 6.  | My mentor challenges me beyond my comfort zone so I acquire new skills.              | A | TA | TD | D |
| 7.  | My mentor provides me with useful and constructive feedback.                         | A | TA | TD | D |
| 8.  | My mentor encourages me to develop my own ideas.                                     | A | TA | TD | D |
| 9.  | My mentor has involved me in professional activities outside our institution.        | A | TA | TD | D |
| 10. | In addition to my mentor, I regularly consult other colleagues whose advice I trust. | A | TA | TD | D |