



Mentee Self-Assessment

Complete this self-assessment again and compare your answers with the answers you gave prior to commencing the training. Circle or highlight the number that corresponds most closely to how you would assess yourself.

Are you ready?

Before you commence this training, review the questions below and think about your readiness to be in a mentoring relationship. Keep a copy of your answers. At the end of the training you will have an opportunity to complete the self-assessment again. You can compare this self-assessment with your answers after you have completed the training.

Mentee attributes

To what extent do you agree or disagree that are you the kind of person who:

	Strongly Disagree	Disagree	Neutral or Does not Apply	Agree	Strongly agree
is committed to your own learning	1	2	3	4	5
is open to feedback	1	2	3	4	5
learns well from others	1	2	3	4	5
can commit to putting in time and effort for what you want	1	2	3	4	5
wants to be challenged and see another perspective	1	2	3	4	5



Understanding of mentoring and the responsibilities of the mentee

Please rate yourself on your level of understanding of:

	Little or no understanding	Not much understanding	Neutral or Does not Apply	Some understanding	Very well developed understanding
the mentoring concept	1	2	3	4	5
the role of the mentee	1	2	3	4	5
the responsibilities of a mentee	1	2	3	4	5
the benefits of mentoring	1	2	3	4	5
the phases of the mentoring relationship	1	2	3	4	5
the logistics of managing a mentoring relationship	1	2	3	4	5

Mentee skills

Consider how much you know about what it actually takes to be a great mentee and get as much as you can from the time you have with your mentor. Do you have the skills? Consider your answers to the following statements.

I know how to:

	Strongly Disagree	Disagree	Neutral or Does not Apply	Agree	Strongly agree
build rapport and trust with a mentor	1	2	3	4	5
have a successful first meeting with a mentor and contract for success	1	2	3	4	5
set goals for the mentoring relationship	1	2	3	4	5
manage confidentiality and boundaries of the relationship	1	2	3	4	5



listen actively	1	2	3	4	5
ask questions that will elicit the information I want from my mentor	1	2	3	4	5
summarise effectively	1	2	3	4	5
prepare for mentoring meetings	1	2	3	4	5
give feedback to the mentor so s/he knows what they can keep/stop doing, that will help	1	2	3	4	5
take corrective action if the relationship is not meeting expectations	1	2	3	4	5

Mentor Readiness

Please rate yourself, based on your answers above, on how ready you feel to have a mentor:

- ☐ Not ready at all
- ☐ Somewhat ready
- ☐ Definitely ready

© 2018 Melissa Richardson