

## Mentor Attribute Self-Assessment

This assessment is designed to help you identify the attributes you believe mentors should possess. It also allows you to self-assess your own strengths and areas of growth.

Consider each attribute listed in the first column. Place a check mark in the second column labeled “Proved to Be Important in Past Mentoring Relationships” if you identified this attribute during your reflection or associate this attribute with your identified mentor. Next, consider whether you view this attribute as a personal strength or an area of growth. Place a check mark in the correct column. Finally, the blank rows at the bottom of the assessment have been included to allow you an opportunity to add additional mentor attributes you believe are important.

Mentor Attributes	Proved to Be Important in Past Mentoring Relationships	Personal Strength	Personal Area of Growth
<b>Able to trust others</b>			
<b>Active listener</b>			
<b>Approachable</b>			
<b>Available</b>			
<b>Caring</b>			
<b>Consistent</b>			
<b>Empathetic</b>			
<b>Empowering</b>			
<b>Flexible</b>			
<b>Goal-oriented</b>			
<b>Innovative</b>			
<b>Intelligent</b>			
<b>Life-long learner</b>			
<b>Maintains confidentiality</b>			

Mentor Attributes	Proved to Be Important in Past Mentoring Relationships	Personal Strength	Personal Area of Growth
Open			
Positive role model			
Problem solver			
Reflective			
Reliable			
Respectful			
Resourceful			
Self-confident			
Supportive			
Tolerant			
Trustworthy			
Understands adult learning styles			

**Mentors are NOT expected to possess each and every attribute included on this list. It is important for a mentor to know his/her own strengths and areas of growth.**