

Mentor's Self-Evaluation Form

Please rate how skilled you feel you are in each of the following areas from
(1) Not at all skilled to (5) Extremely skilled

	Skill	Not at all					Extremely skilled					
		1	2	3	4	5	1	2	3	4	5	
1	Active listening											
2	Providing constructive feedback											
3	Establishing a relationship based on trust											
4	Identifying and accommodating different communication styles											
5	Employing strategies to improve communication with your mentee											
6	Working with mentee to set clear expectations of the mentoring relationship											
7	Aligning your expectations with your mentee's											
8	Considering how personal and professional differences may impact expectations											
9	Working with mentee to set research program											
10	Motivating your mentee											
11	Building mentee's confidence											
12	Stimulating your mentee's creativity											
13	Acknowledging your mentee's professional contributions											
14	Negotiating a path to professional independence with your mentee											
15	Taking into account the biases and prejudices you bring to the mentor/mentee relationship											
16	Working effectively with mentee whose personal background is different from your own (age, race, gender, class, region, culture, religion, family composition etc.)											
17	Helping your mentee network effectively											
18	Helping your mentee set career goals											
19	Helping your mentee balance work with personal life											
20	Understanding your impact as a role model											
21	Helping your mentee acquire resources (e.g. grants, etc.)											