

## **Mentorship Assessment**

Congratulations on deciding to invest in yourself by inviting mentorship into your life!

Mentorship is an invaluable and often overlooked tool in a person's development. As you contemplate inviting someone to become your mentor, there are a couple of things to think through.

### 1) Get Specific

- What are you trying to achieve through mentorship? Are you contemplating the next career move in your life? Are you wanting to be better within your relationships? Are you wanting to become the best version of yourself? All of these are good reasons to seek mentorship. However, a successful mentorship is usually based on striving towards specific, measurable, attainable, realistic, and timely goals (SMART). Can you boil down these large thoughts of "improvement" into SMART goals? Doing so will help a future mentor grasp exactly what it is you are trying to achieve and give you steps to get there.

### 2) Get Personal

- Whom are you ready to invite into your life? What are their characteristics? What life or work experience do they already have that you want to understand? A good mentor/mentee relationship requires both parties to be bought into the goal and quite often, personalities get overlooked in the process. What type of person will YOU allow to lead you?

### 3) Get Realistic

- A good mentor likely leads a productive and busy life. However, that doesn't mean he/she doesn't have time for you! What it does mean is that time is valuable and needs to be defined and well-utilized. How much time do you truly need? Remember, this is not counseling or friendship. While you may become friends in the process, that is not the goal of this relationship. Know your goals, know your timeframes, and get after it!

In the spaces below, you have an opportunity to get some initial thoughts down. You can use these initial thoughts to clarify goals and expectations before approaching a potential mentor. Good luck!

**NAME:** \_\_\_\_\_

**1) Briefly describe what you are looking for in a mentor? (*Characteristics, experience, abilities, etc*)**

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**2) Briefly state your top three current goals for a mentorship**  
**(goals should SMART – *Specific, Measurable, Attainable, Realistic, Timely*)**

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

**3) How long of a mentorship are you seeking? (circle one)**

(3 months)                  (6 months)                  (9 months)                  (12 months)

**4) How often do you believe you need mentorship, typically? (circle one)**

(every two weeks)                  (once/month)                  (quarterly)