

Mentee Self-Assessment

*This self-assessment is a self-reflection activity for you to complete before we match you with a mentor. The purpose of this activity is to help you identify what you want to gain from a mentoring relationship and what traits we should look for or request in a mentor.*

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| **My Wants & Needs - Answer each question below.** | **The ways I would like a mentor to help me with this are:** | **Define Desirable Mentor Traits - To help me with this, my mentor may need these characteristics (include skills, knowledge, contacts):** |
| My immediate professional goal is: |  |  |
| What I need to learn right now to succeed at work is: |  |  |
| What I want to do at work right now is: |  |  |
| My long term career interest or aspiration is: |  |  |
| What I need to pursue this longer term career interest/ goal is: |  |  |

**MY PRIMARY GOALS FOR MENTORING**

Based on this quick assessment, the two things I want a mentor to help me with most are:



**PRIMARY TRAITS I AM SEEKING IN A MENTOR**

The two main traits I want my mentor to have are: