

Mentor Self-Assessment

*This self-assessment is a self-reflection activity for you to complete before a mentor-mentee match has been decided. The purpose of this activity is to help you identify what you can bring to a mentoring relationship and what traits could benefit a mentee.*

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| **Answer each question below.** |
| I am very knowledgeable about: |
| My greatest skills include: |
| I would describe myself (my attributes) as: |
| My previous professional experience includes: |
| My current professional responsibilities are: |
| The ways in which I'd like to help and think I'd be good at helping another Veteran are: |
| I am not really interested in or don't think I would be good at doing the following as a mentor: |
| On a personal level, my interests and passions include (things I enjoy doing outside of work): |

**MY PRIMARY INTERESTS FOR MENTORING**

Based on this quick assessment, the two primary things I would like to help another professional accomplish or do through mentoring are:

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**PRIMARY CONTRIBUTIONS AS A MENTOR**

The main things about myself (skills, knowledge, attributes, experience) I'd like to share or contribute through mentoring are:

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