

SELF ASSESSMENT FORM



This self-assessment is intended to help the mentee gauge competencies at certain stages along the mentoring process. As a mentee, take the time to evaluate your comfort and skill level as it pertains to your individual goals. Mentors should review these assessments.

TASK	MENTEE ASSESSMENT OF SELF	MENTOR NOTES AND EVALUATION
List top 3 short-term goals.		
List top 3 long-term goals.		
Describe your current knowledge base as it pertains to the mentorship goals.		
List relevant skills that you believe you currently possess		
List specific skills you hope to obtain through the mentorship period.		
List the types of support or resources you believe will help facilitate your overall success.		
What challenges do you anticipate arising during the mentorship?		