

Instructions: Complete the following checklist to determine whether you have successfully found a good mentoring match.

Mentor Items

Mentee Items

	I have a sincere interest in helping this person succeed.		I have a sincere interest in having this person as my mentor.
	There appears to be mutual interest and compatibility.		There appears to be mutual interest and compatibility.
	Our assumptions about the process are congruent.		Our assumptions about the process are congruent.
	I am the right person to help the mentee achieve his or her goals.		This person is the right mentor to help me achieve my goals.
	I can enthusiastically engage in helping this person.		I can enthusiastically engage in being mentored by this person.
	I am willing to use my network of contacts to help this individual.		I am ready to accept help from this mentor's network of contacts.
	I can commit adequate time to mentoring this person.		I can commit adequate time to being mentored by this person.
	I have access to the kind of opportunities that can support this person's learning.		This person has access to the kind of opportunities that can support my learning.
	I have the support that I need to be able to engage in this relationship in a meaningful way.		I am ready and able to engage in this relationship in a meaningful way.
	I am committed to developing my own mentoring skills.		I am committed to using this relationship to help develop my skills and meet my goals.

Bland C, Taylor A, Shollen S, Weber-Main AM, Mulcahy P. *Faculty Success Through Mentoring*. New York: Rowan & Littlefield Education; 2009: 69.