



Mentees: Assessing Your Readiness for a Mentoring Relationship

Assessing your readiness for a mentoring relationship involves reflecting upon your motivations (both intrinsic and extrinsic) for engaging in mentorship as well as your intentions, goals and desired outcomes.

Sharing these perspectives with your mentorship triad can help to ensure successful and mutually beneficial mentoring relationships. The following questions will assist you to reflect upon your perspectives before sharing them with your mentorship triad.

1. What interests me about being a mentee?

2. What are my goals and what do I hope to learn from the experience?

3. Am I willing and able to commit time and energy to fostering a productive mentoring relationship?

5. In what ways am I willing to receive and act on feedback about my learning and practice?

6. In what areas of my learning and practice am I most interested in receiving help?

7. Am I willing to learn alongside my mentor? Am I open to working with a mentor from a distance?

8. How might mentorship align with my professional development plan? What aspects of professional growth and learning do I want to strengthen in my own practice?

This Workbook has been adapted from: Barrette-Ng, N., Nowell, L., Anderson, S.J., Arcellana-Panlilio, M., Brown, B., Chalhoub, S., Clancy, T.L., Desjardine, P., Dorland, A.M., Dyjur, P., Mueller, K., Reid, L., Squance, R., Towers, J., & Wilcox, G. (2019). *The Mentorship Guide for Teaching and Learning*. Calgary, AB: Taylor Institute for Teaching and Learning Guide Series.