**Institute for Premedical Professions and Health Sciences**

**Assessment of Mentoring Relationship**

1. **Please circle the one response for each statement that best describes your perceptions about your alumni/off-campus mentor. The mentor:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Not at all** **1** | **A Little** **2** | **Some** **3** | **Fairly Much** **4** | **Very Much** **5** | |
| 1. Is respected in the organization where he or she works | 1 | 2 | 3 | 4 | 5 |
| 2. Is committed to his/her profession | 1 | 2 | 3 | 4 | 5 |
| 3. Is competent, confident, caring in client relationships | 1 | 2 | 3 | 4 | 5 |
| 4. Gave me good advice | 1 | 2 | 3 | 4 | 5 |
| 5. Willingly shared knowledge and experience with me | 1 | 2 | 3 | 4 | 5 |
| 6. Effectively modeled the professional role | 1 | 2 | 3 | 4 | 5 |
| 7. Followed through on commitments to me | 1 | 2 | 3 | 4 | 5 |
| 8. Cared about my progress | 1 | 2 | 3 | 4 | 5 |
| 9. Counseled me in my professional development | 1 | 2 | 3 | 4 | 5 |
| 10. Was willing to assist in my career growth | 1 | 2 | 3 | 4 | 5 |
| 11. Was willing to share professional attitudes and values | 1 | 2 | 3 | 4 | 5 |
| 12. Valued me as a colleague | 1 | 2 | 3 | 4 | 5 |
| 13. Trusted me | 1 | 2 | 3 | 4 | 5 |
| 14. Respected me | 1 | 2 | 3 | 4 | 5 |
| 15. Believed in my potential | 1 | 2 | 3 | 4 | 5 |
| 16. Encouraged me | 1 | 2 | 3 | 4 | 5 |
| 17. Inspired me | 1 | 2 | 3 | 4 | 5 |
| 18. Challenged me | 1 | 2 | 3 | 4 | 5 |
| 19. Protected me, even when I made mistakes | 1 | 2 | 3 | 4 | 5 |
| 20. Had empathic understanding of my concerns | 1 | 2 | 3 | 4 | 5 |

**2. Please circle the one response for each statement that best describes your relationship with your alumni/off-campus mentor. The relationship provided me with:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| http://www.instituteofmidwifery.org/icons/ecblank.gif | **Not at all** **1** | **A Little** **2** | **Some** **3** | **Fairly Much** **4** | **Very Much** **5** |
| 21. An opportunity to learn helpful hints of the “how-tos” of his/her career. | 1 | 2 | 3 | 4 | 5 |
| 22. An opportunity to learn how to behave in my new role | 1 | 2 | 3 | 4 | 5 |
| 23. Introductions to important people who could help my career | 1 | 2 | 3 | 4 | 5 |
| 24. Guidance through organizational politics | 1 | 2 | 3 | 4 | 5 |
| 25. Help with career direction and career decision making | 1 | 2 | 3 | 4 | 5 |
| 26. Support in my career growth | 1 | 2 | 3 | 4 | 5 |
| 27. An increased belief and confidence in my ability to function as a professional | 1 | 2 | 3 | 4 | 5 |
| 28. An opportunity for counseling on professional issues | 1 | 2 | 3 | 4 | 5 |
| 29. Valuable learning experiences | 1 | 2 | 3 | 4 | 5 |
| 30. Help with skill development | 1 | 2 | 3 | 4 | 5 |
| 31. Opportunities for me to grow professionally | 1 | 2 | 3 | 4 | 5 |
| 32. An opportunity for a friendship | 1 | 2 | 3 | 4 | 5 |
| 33. An opportunity to be a teacher as well as a learner | 1 | 2 | 3 | 4 | 5 |

**3. This part of the assessment also elicits your thoughts about the more personal side of your mentor and the effect it had on you. Please circle the one response for each statement that best describes your relationship with your alumni/off-campus mentor. My mentor:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| http://www.instituteofmidwifery.org/icons/ecblank.gif | **Not at all** **1** | **A Little** **2** | **Some** **3** | **Fairly Much** **4** | **Very Much** **5** |
| 34. I have respect for my mentor | 1 | 2 | 3 | 4 | 5 |
| 35. Had enthusiasm for the profession | 1 | 2 | 3 | 4 | 5 |
| 36. Made the experience fascinating | 1 | 2 | 3 | 4 | 5 |
| 37. Invested a lot of time in me | 1 | 2 | 3 | 4 | 5 |
| 38. Provided encouragement | 1 | 2 | 3 | 4 | 5 |
| 39. Was clear on what was wanted from me | 1 | 2 | 3 | 4 | 5 |
| 40. Taught me to set priorities | 1 | 2 | 3 | 4 | 5 |
| 41. Provided positive feedback | 1 | 2 | 3 | 4 | 5 |
| 42. Provided constructive feedback | 1 | 2 | 3 | 4 | 5 |
| 43. Made me feel welcome to call or email | 1 | ` | 3 | 4 | 5 |
| 44. Offered to have me visit the workplace | 1 | 2 | 3 | 4 | 5 |
| 43. Made it easy to talk about issues | 1 | 2 | 3 | 4 | 5 |
| 44. Helped me examine my strengths and weaknesses | 1 | 2 | 3 | 4 | 5 |
| 45. Helped me develop my career plan | 1 | 2 | 3 | 4 | 5 |
| 46. Helped me to mature, grow-up a bit | 1 | 2 | 3 | 4 | 5 |
| 47. Helped build my confidence in myself and abilities | 1 | 2 | 3 | 4 | 5 |
| 48. My mentor trusted me. | 1 | 2 | 3 | 4 | 5 |

**4. The next part of the assessment is about how you feel about your abilities in general.  Please circle the one response for each statement that best describes you.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| http://www.instituteofmidwifery.org/icons/ecblank.gif | **Not at all** **1** | **A Little** **2** | **Some** **3** | **Fairly Much** **4** | **Very Much** **5** |
| 49. Once I know what I need to do, I can do it | 1 | 2 | 3 | 4 | 5 |
| 50. In a new situation, I expect I can handle things | 1 | 2 | 3 | 4 | 5 |
| 51. I am a confident person | 1 | 2 | 3 | 4 | 5 |
| 52. I am very effective at solving  problems | 1 | 2 | 3 | 4 | 5 |
| 53. I rely on my inner strength to deal with problems | 1 | 2 | 3 | 4 | 5 |
| 54. The good things that happen to me are largely my own doing | 1 | 2 | 3 | 4 | 5 |
| 55. I am proud of myself | 1 | 2 | 3 | 4 | 5 |
| 56. I have a high opinion of my abilities | 1 | 2 | 3 | 4 | 5 |
| 57. I believe I use my skills to their best advantage | 1 | 2 | 3 | 4 | 5 |
| 58. I am responsible for the ways I have grown as a person | 1 | 2 | 3 | 4 | 5 |
| 59. I can influence the people in my life | 1 | 2 | 3 | 4 | 5 |
| 60. I am not afraid to make mistakes | 1 | 2 | 3 | 4 | 5 |

**5. Please circle the one response for the following statement that best describes your satisfaction with your mentor relationship.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| http://www.instituteofmidwifery.org/icons/ecblank.gif | **Not at all** **Satisfied**  **1** | **A Little** **Satisfied**  **2** | **Somewhat Satisfied** **3** | **Mostly**  **Satisfied** **4** | **Extremely**  **Satisfied** **5** |
| 61. Once I know what I need to do, I can do it | 1 | 2 | 3 | 4 | 5 |
|  |  |  |  |  |  |

**If you were to choose one word to describe the relationship with the person who was significant (positively or negatively) to you in your transition to advanced practice, what would it be?**  
  
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**Finally, please use the back of this assessment to provide any additional comments related to your mentoring experience.**