



The purpose of this questionnaire is to help you get a better picture of who you are and what you are looking for in this mentorship program. The more honest you are the more you will gain from this exercise below:

Self-reflection

What are your top five strengths (The top five things you feel good about and are proud of)?

What are five things you find difficult or challenging (Things you would like to improve about yourself)?

What do you worry about?

What can you do/ what opportunities are available to you to help you reach your potential?

What did you learn about yourself in the past year? How?

How would you like to be different 4 months from now?

What are some things you can do over the next four months to build on your strengths and overcome your challenges?

Personal Mission Statement

We recommend that you create a vision/ personal mission statement to help you set goals. Take a moment to consider your future and where you would like to be. Think about where you can *realistically* expect to be in three to five years from now. Further, take time to consider what you must do to meet those expectations.

Here are some questions that may help to get you started to think about your mission statement: What are my strengths? What are my major needs? What are my short-term career objectives? What are my long-term career goals? What do I bring to the table? What are the most important things I should be accomplishing in my life? Do I feel successful at my job at this time? If not, what is preventing me from succeeding? What do I like best about where I am now? If I could add variety, autonomy, and importance to my job, how would I use them? What have been the most significant learning experiences in my career? Would I benefit from any particular type of training? How do I learn best? What do I think most hinders my success? What scares me? What makes me want to learn more? Which talents do I lack? What is the toughest stretch for me? What is my most satisfying success? What is my most disappointing failure? If I had a Mentor, what are the most important things that person could help me with?

Note: A personal mission statement explains who you are and who you want to be, and what you represent. You can use it to guide you when making choices and decisions, large and small, by asking yourself if that choice or decision helps you become who you want to be. A personal mission statement also helps you explain who you are to others.

Make sure to use the questions above to help guide you to answer three important questions in your personal mission statement.

1. What is my life about: what is my life's purpose?
2. What do I stand for: what are my values?
3. What accomplishments am I working toward that will help me fulfill my life's purpose in a manner consistent with my values?

Use The Back of This Page if Space is Needed



Preparing for the First Meeting

Typically, first meetings allow two people to get to know a little bit about each other, attach a face to a name and gain a bit of comfort. To do so, you need to think about what setting would feel comfortable for both of you, and plan some conversation starters, knowing that these are tools if you need them.

Where might I meet with my Mentor where we both would feel comfortable?

What are some things I could tell my Mentor about myself that would help us get to know each other a little bit? What about me and my life story might be interesting and relevant to this Mentor?

What are some questions I could ask my Mentor to get to know him/her a little bit without prying? (Write some possible open-ended questions below. Note: you want to be sure that these are questions cannot be answered with a “yes” or “no.”)

What do I want out of the mentoring relationship? What are my hopes?

How can I find out what my Mentor hopes to get out of the relationship – what questions might I ask?
