

Selecting A Mentor – Worksheet

Use this worksheet to help decide which potential mentor will help you best achieve your learning and development needs. [Adapted from Creating a Mentoring Culture by Lois J. Zachary]

1. What do you hope to learn and why is it important for you?

2. Identifying your mentor criteria:

What is important to you in a relationship?

What might be important to you in a mentoring relationship?

What kind of mentor do you think you need?

Identify the four most important criteria for a mentor using your responses to the questions above. List your criteria in the top cells, the names of potential mentors in the left-hand cells. Assess each potential mentor against your criteria to determine the best match.

[list your criteria in the cells in this row]	Criterion 1:	Criterion 2:	Criterion 3:	Criterion 4:
Potential Mentor 1 Name:				
Potential Mentor 2 Name:				
Potential Mentor 3 Name:				
Potential Mentor 4 Name:				