

Assessing the Fit Checklist

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

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

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