**Qualities of a Good Mentor – Questionnaire**

**How would you rate yourself currently against each of the following attitudes, behaviours and skills?**

**Give yourself a score out of 10 for each one, with 1 being the lowest and 10 being the highest.**

As you go through the list, you might like to consider which you do naturally and are your strengths, which ones you have learnt to do, and which ones you would need to develop to be a really good Mentor.

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| **QUALITY** | **Score (out of 10)** |
| ***Attitudes*** |  |
| Respectful of others and their values |  |
| Interested in education and in interacting with students |  |
| Committed to helping others |  |
| Being non-judgemental, open-minded, unbiased and independent |  |
| Enthusiastic and having a positive ‘can do’ attitude |  |
| Passionate about your field |  |
| Hard working |  |
| Encouraging and supportive |  |
| Approachable and responsive to others |  |
| Adaptable and flexible |  |

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| ***Behaviours*** | **Score (out of 10)** |
| 100% committed and reliable |  |
| Willing to give of your time |  |
| Role-modelling integrity |  |
| Keeping confidentiality as paramount |  |
| Being both trustworthy and trusting |  |
| Able to give someone else your full attention and focus |  |
| Totally professional |  |
| Willing to share your knowledge, relevant experience and, where appropriate, your network |  |
| Remaining objective and impartial |  |
| Being patient |  |
| ***Skills*** | **Score (out of 10)** |
| Creating rapport |  |
| Showing empathy |  |
| Being sensitive |  |
| Having strong communication skills – including cross-cultural and language skills |  |
| Listening actively |  |
| Asking open and insightful questions |  |
| Coaching, empowering and confidence building |  |
| Giving constructive feedback |  |
| Facilitating learning |  |
| Having self-awareness |  |
| Knowing when to challenge and when to support |  |
| Good at networking |  |