

## 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.

<u>QUALITY</u>	Score (out of 10)
<i><b>Attitudes</b></i>	
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	

<b><i>Behaviours</i></b>	<b>Score (out of 10)</b>
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	
<b><i>Skills</i></b>	<b>Score (out of 10)</b>
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	
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