**Mentee Name**

**Date**

Take a few moments to think about the type of mentoring you need. You can use this form as an exercise in self-reflection and/or a communication tool to share with potential mentors.

1. Why are you seeking mentorship?

2. Check the boxes below to indicate the type of mentoring you are looking for. Then, within each of these types, rank the importance of each action (as applicable).

I would like my mentor to be …

* **A Confidant** who will

\_\_\_ Advise me on work-life balance, wellness, and resilience

\_\_\_ Offer me a safe place where I can ask questions and share difficulties

\_\_\_ Share with me how I am perceived

\_\_\_ Offer honest evaluation

I would like my mentor to be …

* **A High-Level Advisor** who will

\_\_\_ Strategize with me about navigating the academic culture and organizational dynamics

\_\_\_ Pose challenging questions

\_\_\_ Identify opportunities for my professional development

\_\_\_ Offer general feedback on long and short-term career goals

* **A Skill Developer** who will

\_\_\_ Teach me scientific skills

\_\_\_ Evaluate my teaching and presentation skills

\_\_\_ Edit my grant proposals

\_\_\_ Identify specific behaviors that are helping or hindering my career

\_\_\_ Prescribe recommended actions

3. Are you seeking multiple mentors? Yes \_\_\_\_\_ No \_\_\_\_\_

4. Describe your academic and personal goals for the next 6 months? Year?

5. What do you anticipate will be the biggest challenges to achieving your academic and personal goals?

6. Describe your ideal mentor.