



**3. Assessment of strengths and challenges (personal and institutional):**

a. Strengths (*e.g. networking, enthusiasm, teaching, interpersonal skills, professional demeanor*)

b. Challenges (*e.g. organizational skills, time management, coping with stress, information technology*)

**4. What is my working style?**

a. What helps me work more effectively? (*e.g. deadlines, clear expectations*)

b. What makes work challenging? (*e.g. interruptions, unreasonable expectations, computer literacy, lack of support*)

**5. What are my specific mentoring needs?**

(*e.g. grant writing, office management skills, work-life balance, curriculum development, professional development*)

**6. What qualities do I value in a mentor?**

(*e.g. availability, expertise, reliability*)