

# SELF ASSESSMENT

## CHECK LIST

Think you might be interested in becoming a mentor with Hull Services?  
To help you make your decision, evaluate yourself against the following characteristics of successful mentors.

- I enjoy spending time with children and youth.
- I have the desire to build a developmental relationship with a child or youth where I'll express care, challenge growth, provide support, share power and expand possibilities.
- I have time, and am willing to commit to meeting regularly with my mentee.
- I am willing to commit for one year.
- I am a responsible, trustworthy and stable individual.
- I am caring and compassionate.
- I can be energetic.
- I am a good listener.
- I respect the values and beliefs of others, even if they are very different from my own.
- I am comfortable with the idea of communicating openly with the child's parent or guardian.
- I am comfortable with communicating openly with Hull Services staff.
- I work well in a team.
- I have strong interpersonal communication skills.

- I have strong problem solving skills.
- I am able to set realistic expectations and be prepared for unexpected changes.
- I enjoy some or many of the activities that children and youth enjoy.
- I take my own safety and the safety of others seriously.
- I am comfortable with assuming responsibility for the safety and security of the child or youth during outings.
- I am willing to support a child/youth in identifying/planning low to no cost activities for us to do together.
- I am willing to commit to training and open to feedback processes.

Of course, most people will not answer 'yes' to all of the characteristics mentioned above. But if you answered 'no' to many of them, it may be worth re-considering whether mentoring is something that is for you.