**Imperial College AHSC Mentoring for Research Mentor – Self Assessment Form.**

Before deciding whether or not to become a research mentor, you may find it useful to assess yourself against the following profile that pulls together the characteristics associated with being an effective research mentor.

If you broadly fit this profile we hope you will take the next step, look at the “Becoming a Mentor” section and make contact with the CATO Team.

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| **Thinking about becoming a research mentor?** | | |
| **Please complete the 13 questions below:** | | |
| Do I have the time and energy at the moment? | **Yes** | **No** |
| Do I have an interest in helping and developing others? | **Yes** | **No** |
| Do I have a range of experience and a variety of work place skills? | **Yes** | **No** |
| Do I have a good understanding of the organisational context? | **Yes** | **No** |
| Do I have good listening skills? | **Yes** | **No** |
| Do I appreciate other people’s points of views, feelings and behaviours? | **Yes** | **No** |
| Do I offer fresh perspectives? | **Yes** | **No** |
| Do I provide helpful feedback? | **Yes** | **No** |
| Do I give advice sparingly? | **Yes** | **No** |
| Do I recognize and show appreciate for peoples achievements? | **Yes** | **No** |
| Do I act as a sounding board? | **Yes** | **No** |
| Do I have a non-judgemental attitude? | **Yes** | **No** |
| Do I maintain confidentiality? | **Yes** | **No** |

**If you answered “yes” to 10 or more questions:**

You clearly have the skills and experience to make an effective research mentor. You may want to review the attributes where you answered “No” to consider if they are sufficiently critical to deter you from becoming a mentor.

**If you answered “yes” to 5 – 9 questions:**

This score should give you food for thought, despite an interest in becoming a research mentor there are a number of crucial attributes that are currently missing, some of these attributes relate to practicalities such as time and energy, others refer to your experience while others relate to self-management and inter-personal skills. Look at where the missing attributes lie and decide what you would like to do about them. Being a mentor can provide an opportunity for you to learn and develop while also supporting another.

**If you answered “yes” to 0 – 4 questions:**

There are unfortunately too many missing attributes to suggest you would make an effective research mentor at this time. For advice about developing the skills to become a research mentor, please get in touch with your local mentoring contact:

* Imperial College London: CATO Team – [cato@imperial.ac.uk](mailto:cato@imperial.ac.uk)
* ICHT: Dr Caroline Alexander - [caroline.alexander1@nhs.net](mailto:caroline.alexander1@nhs.net)
* RBHT: Laura Henderson - [L.Henderson@rbht.nhs.uk](mailto:L.Henderson@rbht.nhs.uk)
* RMH: TBC