

Saint Louis University  
Department of Pediatrics - Mentoring Program

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**Mentor Interest Form**

Name: \_\_\_\_\_

The following information will assist the Mentoring Committee with matching mentors and protégés.

Describe any highlights from your career or specific knowledge/skills/experience that you bring to a mentoring relationship.

Please rate yourself in the following areas in terms of your strengths using a 3-pt scale where 1 = Low Strength; 2 = Moderate Strength; 3 = High Strength.

- \_\_\_\_\_ Research
- \_\_\_\_\_ Teaching
- \_\_\_\_\_ Clinical Practice
- \_\_\_\_\_ Administrative Service
- \_\_\_\_\_ Service
- \_\_\_\_\_ Self-Management (Work-Life Balance, Time Management, and Self-Development)

**Place a “√” by the items that most accurately describe you. I...**

- \_\_\_ 1. Have held leadership positions during my career.
- \_\_\_ 2. Have a large network of professional contacts.
- \_\_\_ 3. Am an “expert” in my job/field.
- \_\_\_ 4. Have widespread knowledge about departmental history, culture, and processes.
- \_\_\_ 5. Possess strong interpersonal skills.
- \_\_\_ 6. Demonstrate strong communication skills.
- \_\_\_ 7. Enjoy meeting new people and socializing.
- \_\_\_ 8. Do not mind openly sharing information about myself with a protégé.
- \_\_\_ 9. Can help a protégé with interpersonal skill building at work.
- \_\_\_ 10. Am comfortable providing critical feedback to a protégé.
- \_\_\_ 11. Am willing to provide regular encouragement and emotional support to a protégé.
- \_\_\_ 12. Am good at motivating and energizing a protégé.
- \_\_\_ 13. Am available and responsive to meet with a protégé.
- \_\_\_ 14. Am willing to honor the career path of a protégé.
- \_\_\_ 15. Am willing to use both an expert and Socratic Method of coaching with a protégé.
- \_\_\_ 16. Don’t mind holding the protégé accountable for action items that were identified.
- \_\_\_ 17. Will not break the confidentiality of a protégé, as appropriate.
- \_\_\_ 18. Am willing to discuss the protégé’s career goals and help set plans for achieving those.
- \_\_\_ 19. Can help a protégé understand how his/her career path fits with university strategy.
- \_\_\_ 20. Will exhibit patience when teaching protégé new skills.

(see reverse)

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Additional comments or information that you would like to share with the mentoring committee:

