

# Mentor

## CHECK LIST

- HELPS ME ATTAIN DESIRABLE POSITIONS
- USES HIS/HER INFLUENCE TO SUPPORT MY ADVANCEMENT
- GIVES ME ADVICE ON HOW TO ATTAIN RECOGNITION
- GIVES ME ADVICE ON HOW TO ATTAIN RECOGNITION
- GIVES ME TASKS THAT REQUIRE ME TO LEARN NEW SKILLS.
- HELPS ME BE MORE VISIBLE
- IS SOMEONE I CAN CONFIDE IN
- PROVIDES SUPPORT AND ENCOURAGEMENT
- IS SOMEONE I CAN TRUST
- SERVES AS A ROLE-MODEL FOR ME
- IS SOMEONE I IDENTIFY WITH
- REPRESENTS WHO I WANT TO BE
- SERVES AS A SOUNDING BOARD FOR ME TO DEVELOP AND UNDERSTAND MYSELF
- GUIDES MY PROFESSIONAL DEVELOPMENT
- GUIDES MY PERSONAL DEVELOPMENT