

MENTEE PERSONAL SWOT EVALUATION*

Before you begin a new mentoring relationship, take a step back and ask yourself honestly where you are and how you are doing right now. Thinking deeply about the present will help you better envision your plan for the future. You can share the information you gain from this simple SWOT (Strengths, Weaknesses, Opportunities, and Threats) reflection with your mentor during your first meeting as you start to plan goals and develop strategies to maximize your mentoring experience.

What are my top three strengths – three things I feel good about and am proud of?

- 1.
- 2.
- 3.

What are three weaknesses or areas in which I could improve – three things I most want to work on or improve about myself?

- 1.
- 2.
- 3.

What are the top three opportunities available to me at this moment – things I could do, act on or take advantage of that would help me develop and reach my potential?

- 1.
- 2.
- 3.

What are the top three threats I'm facing right now – well-defined obstacles in the world that could keep me from achieving my dreams?

- 1.
- 2.
- 3.

What are the three most important things I can do over the next three to six months to build on my strengths and overcome my challenges?

- 1.
- 2.
- 3.

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*Adapted from University of Nebraska-Lincoln (UNL)