

PERSONAL SWOT EVALUATION - MENTORS*

Before you begin your role as a mentor, 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. This simple SWOT (Strengths, Weaknesses, Opportunities, and Threats) reflection will help you better understand how you can serve the mentoring relationship, assist your mentee in their growth, and expand your own capabilities.

What are my top three strengths – three things I feel good about and am proud of that I could bring to the mentoring relationship?

- 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 full potential as an effective mentor?

- 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 fulfilling my role as a mentor?

- 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)