

TABLE 1**Mentee Self Assessment Form**

Activity/Strategy	Question/Task	Example	What could be done better?
Appreciating individual differences	Give an example of an incident that illustrates how your mentors acknowledged individual differences?		
Availability	Give an example of the strategy you use to be available to your mentoring committee?		
Self-direction	Describe how your mentors have encouraged self direction.		
Questioning	Describe how your mentors used active questioning to lead you towards a solution.		
Celebration	When did your mentors last celebrate your achievements? How did you celebrate?		
Building a scientific community	Describe a deliberate strategy your mentors used to build a scientific community in your group.		
Building a social Community	Describe a deliberate strategy your mentors used to build your group as a social community.		
Skill development	Describe steps your mentors took to develop any critical, writing and presentation skills.		
Networking	Describe one example of how your mentors introduced you into the scientific network of your research area		
Mentor for life	How many of your mentors do you stay in contact with?		
Other	Comments:		

From the following article:

Nature's guide for mentors

Adrian Lee, Carina Dennis and Philip Campbell

Nature 447, 791-797 (14 June 2007)

doi:10.1038/44791a

TABLE 1**Mentor Self Assessment Form**

Activity/Strategy	Question/Task	Example	What could be done better?
Appreciating individual differences	Give an example of an incident that illustrates your acknowledgment of individual difference and how it was applied to your mentee?		
Availability	Give an example of the strategy you use to be available to your mentee?		
Self-direction	Give an example of a strategy you use to encourage your mentee to become more self-directed?		
Questioning	Describe how you last used active questioning to lead a mentee towards a solution?		
Celebration	When did you last celebrate your mentee's achievements? How did you celebrate?		
Building a scientific community	Describe a deliberate strategy you use to build a scientific community for your mentee?		
Building a social Community	Describe a deliberate strategy you use to build your mentees group as a social community?		
Skill development	Describe steps you take to develop the critical, writing and presentation skills of your mentee?		
Networking	Describe one example of how you have introduced your mentee into the scientific network of their research area?		
Mentor for life	How often have you stayed in contact with your mentee?		
Other	Comments:		

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