

The Self-Discovery Workbook

CECI Fellowship Mentor Program

Grand Valley State University

Adapted from the [PROFESSIONAL & ORGANIZATIONAL DEVELOPMENT UNIVERSITY of WASHINGTON](#) Human Resources

The Benefits of Being Mentored

The following is a list of reasons for entering into a mentoring relationship. To better understand how a mentor may benefit you at this time, rate the importance of each for you.

	Not at all Important	Somewhat Important	Very Important
Learn from another person's vision, experience, and knowledge			
Obtain program advice and planning assistance			
Get more involved in things inside my college			
Learn more about myself and develop my skills			
Gain assistance solving problems and changing my perspective			
Explore new ways to contribute to my college			
Develop a new peer-to-peer relationship			
Build my self-confidence			
Become more comfortable in my college			
Gain understanding about the college culture, appropriate behaviors, attitudes, and protocols			

Mentoring Benefits and Your Development

This chart aligns the benefits of mentoring with specific growth areas, as shown below. To see how the benefits that are important to you align with these areas, for each benefit you rated as somewhat or very important, circle the checkmark and then tally your circled checkmarks.

<i>Growth Areas→</i> Benefits of Mentors ↓	<i>Develop my academic skill development</i>	<i>Cultivate my own community</i>	<i>Understand my major, classes, professors, and assignments</i>	<i>Become a more confident student and person</i>
Learn from another person's vision, experience, and knowledge				
Obtain program advice and planning assistance				
Get more involved in things inside my college				
Learn more about myself and develop my skills				
Gain assistance solving problems and changing my perspective				
Explore new ways to contribute to my college				
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Build my self-confidence				
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Gain understanding about the college culture, appropriate behaviors, attitudes, and protocols				

Determining Your Needs

Having a better understanding of your needs may help you identify an appropriate mentor:mentee relationship. Work through one or more of the questions below to help you reflect upon and articulate your needs.

Looking at the benefits you rated as "very important," as well as the growth areas they align with, reflect on what objectives or aspirations you might have for a mentoring relationship.

Looking at the benefits you rated as "somewhat important," as well as the growth areas they align with, is there additional value you might gain from a mentoring relationship?

What skills do you have already? What skills/experiences do you need to develop

List three basic needs that you have

Putting it all Together

Looking over the worksheets you've just completed, sum it all up here.

Mentoring would benefit me right now because...

My immediate needs and long term goals are...