**MENTEE SWOT ASSESSMENT**

As you initiate your mentoring relationship, it is important to engage in self-reflection on your current professional development and aspirations for the future. Conducting a personal SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis can help prepare you for setting expectations and goals with your mentor and maximize the experience for you and your mentor. Your responses can assist with identifying short and long-term goals to guide your work with your mentor.

**Strengths:** What are my top strengths in the areas below (as applicable).

* **Teaching:** Areas where I excel, such as specific subject matter knowledge, engaging teaching methods, or effective classroom management.
* **Research and Publication Record:** Strengths in research areas, successful grant applications, or publications in reputable journals.
* **Advising and Mentoring Skills:** Effectiveness in advising and supporting students.
* **Administrative and Leadership Skills:** Experience in departmental or university leadership roles.
* **Interpersonal and Communication Skills:** Ability to collaborate with colleagues, build rapport with students, and communicate effectively.

**Weaknesses:** What are the areas I feel need the most improvement or I’m feeling most unsure about in the applicable domains listed below?

* **Research:** Specific aspect of research and scholarship where I could benefit from further development.
* **Teaching:** Aspects of my teaching that I have received feedback on that need improvement or I feel less confident in.
* **Time Management and Organization:** Challenges in balancing teaching, research, and administrative/service responsibilities along with work-life balance.
* **Networking and Collaboration:** Opportunities to build more connections within the university and beyond.

**OPPORTUNITITES**: What opportunities are available to me at this moment – things I could do, act on or take advantage of that would help me progress toward my career goals?

* **Professional Development:** Opportunities for workshops, conferences, or training to enhance teaching, research, or leadership skills.
* **Collaboration and Networking:** Opportunities to collaborate with other faculty members, researchers, or external organizations.
* **Grant Funding and Research Support:** Opportunities or training to secure funding for research projects.
* **External Recognition:**

Opportunities to receive awards, fellowships, or other forms of recognition for contributions.

**THREATS:** What are the top three obstacles, considering both external and internal obstacles, I perceive that could keep me from achieving my goals?

1.

2.

3.

**GOAL SETTING**

In reviewing the above, identify what are the three most important things I can do over the next three to six months to build on my strengths and address my areas for growth while trying to and overcome my challenges? These can assist with helping you develop goals for your first year.

1.

2.

3.