

The Ideal Mentor Scale consists of 34 items that reflect aspects of a mentoring relationship that may or may not be important to you. Please rate each item according to how important that mentor attribute is to you now, at your current stage of development.

Answer each item by circling a number 1-5 according to the following importance rating:

Not at All important		Moderately important		Extremely important
1	2	3	4	5

Right now, at this stage of my development, my ideal mentor would . . .

- | | | | | | |
|--|----------|----------|----------|----------|----------|
| 1. . . . show me how to employ relevant research techniques. | 1 | 2 | 3 | 4 | 5 |
| 2. . . . give me specific assignments related to my research problem. | 1 | 2 | 3 | 4 | 5 |
| 3. . . . give proper credit to graduate students. | 1 | 2 | 3 | 4 | 5 |
| 4. . . . take me out for dinner and/or drink after work. | 1 | 2 | 3 | 4 | 5 |
| 5. . . . prefer to cooperate with others than compete with them. | 1 | 2 | 3 | 4 | 5 |
| 6. . . . help me to maintain a clear focus on my research objectives. | 1 | 2 | 3 | 4 | 5 |
| 7. . . . respect the intellectual property rights of others. | 1 | 2 | 3 | 4 | 5 |
| 8. . . . be a role model. | 1 | 2 | 3 | 4 | 5 |
| 9. . . . brainstorm solutions to a problem concerning my research project. | 1 | 2 | 3 | 4 | 5 |
| 10. . . . be calm and collected in times of stress. | 1 | 2 | 3 | 4 | 5 |
| 11. . . . be interested in speculating on the nature of the universe or the human condition. | 1 | 2 | 3 | 4 | 5 |
| 12. . . . treat me as an adult who has a right to be involved in decisions that affect me. | 1 | 2 | 3 | 4 | 5 |
| 13. . . . help me plan the outline for a presentation of my research. | 1 | 2 | 3 | 4 | 5 |
| 14. . . . inspire me by his or her example and words. | 1 | 2 | 3 | 4 | 5 |
| 15. . . . rarely feel fearful or anxious. | 1 | 2 | 3 | 4 | 5 |
| 16. . . . help me investigate a problem I am having with research design. | 1 | 2 | 3 | 4 | 5 |
| 17. . . . accept me as a junior colleague. | 1 | 2 | 3 | 4 | 5 |
| 18. . . . be seldom sad or depressed. | 1 | 2 | 3 | 4 | 5 |

Answer each item by circling a number 1-5 according to the following importance rating:

Not at All important			Moderately important		Extremely important
1	2	3	4	5	

Right now, at this stage of my development, my ideal mentor would . . .

19. . . . advocate for my needs and interests. 1 2 3 4 5
20. . . . talk to me about his or her personal problems. 1 2 3 4 5
21. . . . generally try to be thoughtful and considerate. 1 2 3 4 5
22. . . . be a cheerful, high-spirited person. 1 2 3 4 5
23. . . . value me as a person. 1 2 3 4 5
24. . . . have coffee or lunch with me on occasion. 1 2 3 4 5
25. . . . keep his or her workspace neat and clean. 1 2 3 4 5
26. . . . believe in me. 1 2 3 4 5
27. . . . meet with me on a regular basis. 1 2 3 4 5
28. . . . relate to me as if he/she is a responsible, admirable older sibling. 1 2 3 4 5
29. . . . recognize my potential. 1 2 3 4 5
30. . . . help me to realize my life vision. 1 2 3 4 5
31. . . . help me plan a timetable for my research. 1 2 3 4 5
32. . . . work hard to accomplish his/her goals. 1 2 3 4 5
33. . . . provide information to help me understand the subject matter I am researching. 1 2 3 4 5
34. . . . be generous with time and other resources. 1 2 3 4 5

Scoring:
Integrity (14 items): 3, 5, 7, 8, 10, 12, 14, 17, 19, 21, 23, 26, 29, 32
Guidance (10 items): 1, 2, 6, 9, 13, 16, 27, 31, 33, 34
Relationship (10 items): 4, 11, 15, 18, 20, 22, 24, 25, 28, 30