



Peer Mentor Self-Assessment - Individual

The Peer Mentor Self-Assessment will help you identify your strengths and areas for growth as they relate to the Peer Mentor Training Framework. Use this editable Word version to rate each skill and reflect on your responses.

Rating scale: 1 = Not Yet Confident 2 = Slightly Confident 3 = Somewhat Confident 4 = Confident 5 = Very Confident

CULTIVATING SELF-AWARENESS

On a scale from 1 (Not Yet Confident) to 5 (Very Confident), rate your confidence level in relation to your skills as a peer mentor in the category of Cultivating Self-Awareness.

1. Self Awareness: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Recognize your personal strengths as a mentor	☐	☐	☐	☐	☐
Identify areas where you still need to grow	☐	☐	☐	☐	☐
Reflect on how your actions affect others	☐	☐	☐	☐	☐
Learn from feedback and apply it to improve	☐	☐	☐	☐	☐

2. Emotional Intelligence: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Recognize your emotions while supporting others	☐	☐	☐	☐	☐
Manage your emotions during difficult conversations	☐	☐	☐	☐	☐
Remain calm when others are stressed or frustrated	☐	☐	☐	☐	☐

3. Cultural & Identity Awareness: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Reflect on how your background shapes your perspective	☐	☐	☐	☐	☐
Respect and value experiences different from your own	☐	☐	☐	☐	☐
Adjust your approach to support students with different identities and experiences	☐	☐	☐	☐	☐

4. Self-Care: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Maintain healthy boundaries	☐	☐	☐	☐	☐
Balance supporting others while taking care of your needs	☐	☐	☐	☐	☐
Recognize when you need support	☐	☐	☐	☐	☐

DEVELOPING PEOPLE SKILLS

On a scale from 1 (Not Yet Confident) to 5 (Very Confident), rate your confidence level in relation to your skills as a peer mentor in the category of Developing People Skills.

5. Active Listening: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Give your full attention when someone is speaking	☐	☐	☐	☐	☐
Ask thoughtful follow-up questions	☐	☐	☐	☐	☐
Listen to understand instead of immediately offering advice	☐	☐	☐	☐	☐

6. Authenticity: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Be genuine when interacting with peers	☐	☐	☐	☐	☐
Admit when you don't know an answer	☐	☐	☐	☐	☐
Build connections by being approachable	☐	☐	☐	☐	☐

7. Trust-Building: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Keep commitments you make	☐	☐	☐	☐	☐
Maintain confidentiality when appropriate	☐	☐	☐	☐	☐
Demonstrate reliability and consistency	☐	☐	☐	☐	☐

8. Inclusion: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Help everyone feel welcomed and included	☐	☐	☐	☐	☐
Encourage different viewpoints during conversations	☐	☐	☐	☐	☐
Notice when someone may be feeling left out	☐	☐	☐	☐	☐

9. Supportive & Empathetic Communication: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Respond with empathy when someone shares a challenge	☐	☐	☐	☐	☐
Give encouragement without minimizing someone's experience	☐	☐	☐	☐	☐
Communicate respectfully even during difficult conversations	☐	☐	☐	☐	☐

BUILDING SUPPORTIVE RELATIONSHIPS

On a scale from 1 (Not Yet Confident) to 5 (Very Confident), rate your confidence level in relation to your skills as a peer mentor in the category of Building Supportive Relationships.

10. Encouragement & Empowerment: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Recognize and affirm others' strengths	☐	☐	☐	☐	☐
Encourage peers to believe in their abilities	☐	☐	☐	☐	☐
Celebrate others' successes	☐	☐	☐	☐	☐

11. Peer Coaching: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Help peers think through problems rather than solving problems for them	☐	☐	☐	☐	☐
Ask questions that encourage reflection	☐	☐	☐	☐	☐
Help others develop their own action plan	☐	☐	☐	☐	☐

12. Conflict Resolution: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Address disagreements respectfully	☐	☐	☐	☐	☐
Remain calm during conflict	☐	☐	☐	☐	☐
Help others work toward solutions	☐	☐	☐	☐	☐

13. Role Modeling: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Demonstrate professionalism	☐	☐	☐	☐	☐
Model positive academic habits	☐	☐	☐	☐	☐
Act in ways that reflect the values of our mentoring program	☐	☐	☐	☐	☐

NAVIGATING CAMPUS RESOURCES

On a scale from 1 (Not Yet Confident) to 5 (Very Confident), rate your confidence level in relation to your skills as a peer mentor in the category of Navigating Campus Resources.

14. Advocacy: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Encourage peers to advocate for themselves	☐	☐	☐	☐	☐
Help students identify what support they need	☐	☐	☐	☐	☐
Empower students rather than speaking for them	☐	☐	☐	☐	☐

15. Campus Engagement: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Encourage students to become involved on campus	☐	☐	☐	☐	☐
Share opportunities that may benefit peers	☐	☐	☐	☐	☐
Help students build connections within the university	☐	☐	☐	☐	☐

16. Campus Resource Knowledge: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Know where students can go for academic support	☐	☐	☐	☐	☐
Know where students can go for personal support	☐	☐	☐	☐	☐
Know which offices can help with common student concerns	☐	☐	☐	☐	☐

17. Referral Skills: How confident are you in your ability to

	1 - Not Yet Confident	2 - Slightly Confident	3 - Somewhat Confident	4 - Confident	5 - Very Confident
Recognize when a student's needs are beyond your role	☐	☐	☐	☐	☐
Connect students to appropriate campus resources	☐	☐	☐	☐	☐
Explain why a referral might be beneficial	☐	☐	☐	☐	☐

INDIVIDUAL REFLECTION

Reflect on your previous responses and respond to the following questions.

18. Select the top 3 skills that you most want to develop in your role as a peer mentor.

- ☐ Self-Awareness
- ☐ Cultural & Identity Awareness
- ☐ Active Listening
- ☐ Trust-Building
- ☐ Supportive & Empathetic Communication
- ☐ Peer Coaching/Peer Helping
- ☐ Role Modeling
- ☐ Campus Engagement
- ☐ Referral Skills
- ☐ Emotional Intelligence
- ☐ Self-Care
- ☐ Authenticity
- ☐ Inclusion
- ☐ Encouragement & Empowerment
- ☐ Conflict Resolution
- ☐ Advocacy
- ☐ Campus Resource Knowledge

19. What do you believe are your greatest strengths as a peer mentor?

20. What situations do you think will be most challenging?