

For Mentee: Self-Assessment

Personal Development	Strongly Disagree			Strongly Agree	Not relevant
I have improved my ability to balance work and family life ¹ .	1	2	3	4	5
I am now better at self-reflecting ¹ .	1	2	3	4	5
Career Development					
I currently have the resources (<i>both internal and external to my institution</i>) and connections to help me solve problems that I may encounter ² .	1	2	3	4	5
I feel confident in developing effective career goals ² .	1	2	3	4	5
I am able to find and pursue activities that align with achieving my career goals ² .	1	2	3	4	5
Institutional Culture and Structure					
I now have a clearer understanding and can better navigate through the organizational/institutional culture ³ .	1	2	3	4	5

For Mentee: Assessing Mentor

Personal Development	Strongly Disagree			Strongly Agree	Not relevant
My mentor has helped me to improve managing work-life balance ¹ .	1	2	3	4	5
My mentor has helped me improve my self-reflection abilities ¹ .	1	2	3	4	5
Career Development					
Rate the effectiveness of your mentor with respect to helping you with post-training career planning ⁴ .	1	2	3	4	5
Rate the effectiveness of your mentor with respect to helping you with networking and pursuing activities to increase opportunities for professional development ^{2; 4} .	1	2	3	4	5
Support					
Rate the effectiveness of your mentor with respect to being a sponsor and advocate for you ⁴ .	1	2	3	4	5
Rate the effectiveness of your mentor with respect to helping you with sensitive or challenging issues ⁴ .	1	2	3	4	5
Institutional Culture and Structure					
My mentor has taught me how to better navigate through the institution's culture ³ .	1	2	3	4	5
What was helpful?					
How could my mentor be more helpful?					

For Mentor: Assessing Mentee

Personal Development	Strongly Disagree		Strongly Agree		Not relevant
Mentee's ability to receive feedback ¹ .	1	2	3	4	5
My mentee is better able to balance work and family life ¹ .	1	2	3	4	5
My mentee's ability to self-reflect has improved ¹ .	1	2	3	4	5
Career Development					
My mentee has improved their ability in setting effective career goals ² .	1	2	3	4	5
My mentee is able to allocate more of their non-clinical time in activities that are aligned with career goals ² .	1	2	3	4	5
Institutional Culture and Structure					
My mentee can now better navigate through the institution's culture ³ .	1	2	3	4	5

References

- 1 EFSTATHIOU, J. A. et al. Long-term impact of a faculty mentoring program in academic medicine. **PloS one**, United States, v. 13, n. 11, p. e0207634-e0207634, 2018. ISSN 1932-6203.
- 2 FLEMING, G. M. et al. A Facilitated Peer Mentoring Program for Junior Faculty to Promote Professional Development and Peer Networking. **Academic medicine**, United States, v. 90, n. 6, p. 819-826, 2015. ISSN 1040-2446.
- 3 SPENCE, J. P. et al. Independent investigator incubator (I 3): a comprehensive mentorship program to jumpstart productive research careers for junior faculty. **BMC medical education**, England, v. 18, n. 1, p. 186-186, 2018. ISSN 1472-6920.
- 4 CARUSO, T. J. et al. A Strategic Approach to Implementation of Medical Mentorship Programs. **Journal of graduate medical education**, United States, v. 8, n. 1, p. 68-73, 2016. ISSN 1949-8349.