### Checklist

**Self-Assessment**

**Ask yourself, “Did I …?”**

1. Provide a well-defined project or assignment for my participant and give him/her an active role in it?
2. Provide appropriate resources and training for my participant?
3. Set reasonable expectations?
4. Meet with my participant on a regular basis?
5. Ensure that my participant had alternate mentors when I was not available?
6. Encourage questions, creativity, exploration, and discovery?
7. Provide regular and appropriate feedback?
8. Treat my participant with respect?
9. Listen to my participant's problems and concerns and actively seek to address them or refer them to someone who could?
10. Provide professional development activities for my participant?