

**MENTOR/COACHES FOR EARLY CARE AND EDUCATION
TAKING THE PULSE OF YOUR RELATIONSHIP: A CHECKLIST FOR
MENTOR/COACHES**

N = never

S=sometimes

F=frequently

A=always

N S F A

- I accept my apprentice as a unique individual.
- I help my apprentice feel he/she belongs in the program and in the profession.
- I show my confidence in my apprentice.
- I let my apprentice know I care about him/her.
- I make my apprentice feel he/she has something to contribute
- I sense that my apprentice is comfortable bringing problems to me.
- I let my apprentice express his/her feelings and ideas.
- When I meet with my apprentice, I listen more than I speak.
- I live up to the agreements we have made.
- I keep information about my apprentice confidential.
- I provide him/her with resources for developing constructive ideas.
- I offer constructive feedback based on observational data.
- I respectfully and actively listen to and consider his/her point of view.
- I continually seek to improve my ability to assess others in a just and impartial way.
- I refrain from negative comments and making misinformed judgments about others.
- I treat my apprentice without prejudice.
- I continually seek to improve my professional and interpersonal skills.
- I model self-reflection.
- I nurture my apprentice's self-reflection.
- I volunteer my special skills.
- I am proud of my profession.
- I evaluate the attitudes and activities of my apprentice with an open mind.
- I encourage the personal and professional growth of my apprentice.
- I am kind and tolerant.
- I feel competent to help my apprentice in the areas where it is most needed.
- I help my apprentice identify his/her strengths and build upon them in new or difficult situations.
- I respect my apprentice's supervisory line and his/her relationships with client families.