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# Online Capacity Building Program



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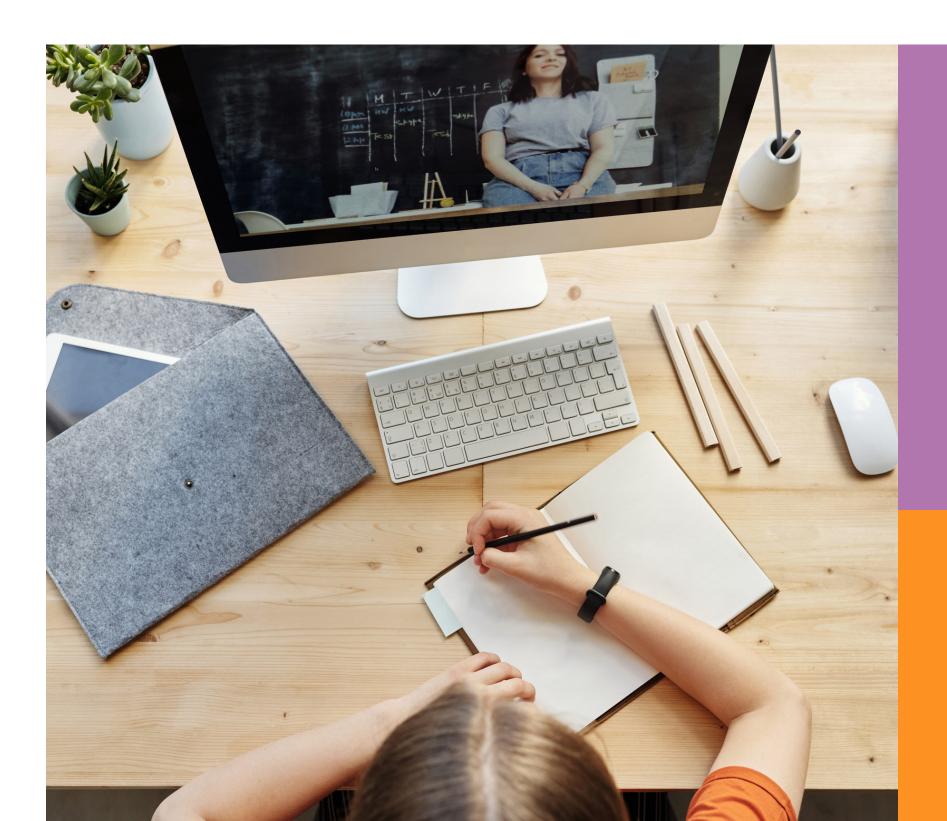


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## **Course 1 Quiz**



Congratulations on finishing the first course from The Online Mentor Training Program! Course 1 is dedicated to enhancing the comprehension of the mentorship stages, where each of the four modules corresponds to a mentorship stage.

We now invite you to take a quiz, constituted by multiple choice and true/false questions for each of the modules.

You will find the answers at the end of this document. You can use this quiz to monitor your learning process, and improve your learning journey, at your own pace.





Understanding and Building Relationship between Mentors and Mentees

#### COURSE 1 QUIZ

Questions Answers



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### **MODULE 1 PREPARATION**

# **Question 01**

From the following sentences, choose the one that best applies.

enables the success of both. mentee.

mentee only.

mentorship is essential to expand knowledge.



- What is one of the essential elements in the mentoring process?
- a. Healthy levels of competition between mentor and mentee,
- b. Active listening is crucial in building trust between mentor and
- c. Support from a more experienced person, hence benefiting the
- d. Providing all the answers to mentees through the phases of

### **MODULE 1** PREPARATION

## Question 02

"Building relationships in mentoring involves understanding the specific roles of mentors and mentees."





### **MODULE 1 PREPARATION**

# **Question 03**

How do different strategies impact the effectiveness of the mentoring relationship? From the following options, choose the one that best applies.

a. Individual mentoring and group mentoring require the same skills, and effective strategies include active listening and providing all the answers.

b. Individual mentoring and group mentoring require different skills, and effective strategies include active listening and sharing experiences.

c. Group mentoring strategies are the same as the individual ones, and the strategies that impact effectiveness can be transposed from one to another.

d. Individual mentoring and group mentoring require different skills, and effective strategies include active listening and explaining mentees what are the exact solutions, as mentors have walked that same path before.





### **MODULE 2 NEGOTIATION**

## **Question 04**

What are some of the key elements involved in defining the mentor-mentee relationship? From the following options, choose the one that best applies.

a. Clarifying roles, setting boundaries, and aligning goals.

b. Providing financial assistance, offering legal advice, and sharing personal experiences.

c. Organizing team-building activities, conducting performance evaluations, and scheduling weekly meetings.

d. Setting up a business plan, analyzing market trends, and securing funding.





### **MODULE 2 NEGOTIATION**

## **Question 05**

From the following options, choose the one that best applies.

has control over the mentee's decisions.

sessions, to keep boundaries.

c. Negotiation involves limiting the extent to which mentors define mentees' decisions.

understanding and respect.





- What does negotiation in a mentoring relationship involve?
- a. Negotiation involves setting up expectations to ensure the mentor
- b. Negotiation involves avoiding communication outside of scheduled
- d. Negotiation implies establishing clear objectives and foster mutual

## **Question 06**

"Mentoring relationships is strictly hierarchical, with the mentor always assuming a superior role over the mentee."





## **Question 07**

"Mentors primarily serve as role models and talent developers, guiding the mentee through their own experiences and expertise."





## Question 08

"Mentoring involves roles such as fostering a supportive and trusting relationship between the mentor and mentee."





# **Question 09**

mentoring relationship? From the following options, choose the one that best applies.

- a. Establishing a framework of respect, focus, independence, and professionalism.
- b. Ensuring that the mentor has control over the mentee's decisions.
- c. Ensuring that information is shared, and not kept confidential. d. Avoiding communication between mentor and mentee outside of scheduled sessions.





- What are some of the benefits of establishing boundaries in a

## **Question 10**

"Mentorship evaluation involves a reflective process that recognizes milestones achieved, challenges faced, and lessons learned throughout the mentorship journey, contributing to a deeper understanding of its impact."



## **Question 11**

"Mentorship evaluation is focused on the mentee's performance, considering only the mentor's input."





## **Question 12**

success."

True or False?



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#### "Collaboration combines diverse perspectives, knowledge, and experiences, fostering a culture of mutual respect and shared

# **Question 13**

relationship? From the following options, choose the one that best applies.

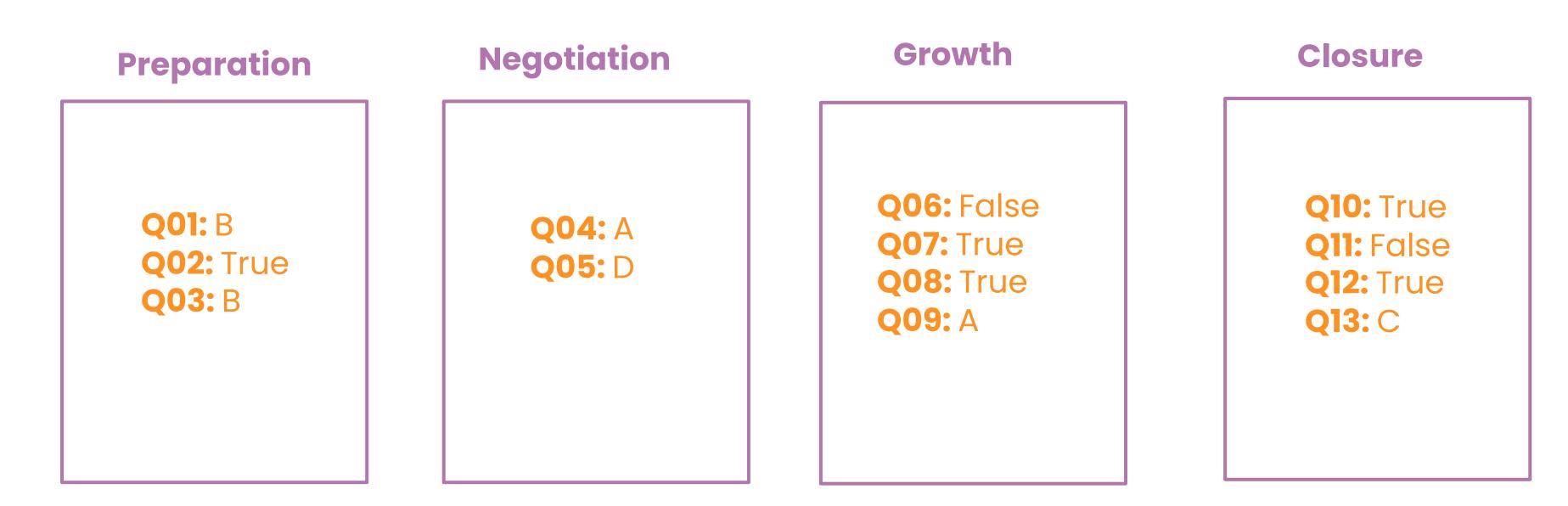
- a. Maintain ongoing communication.
- b. Identify shared obstacles to overcome.
- c. Identify potential conflicts of interest.
- d. Avoid sharing sensitive issues.





#### What are some of the strategies to ensure an ethical mentoring

### Answers







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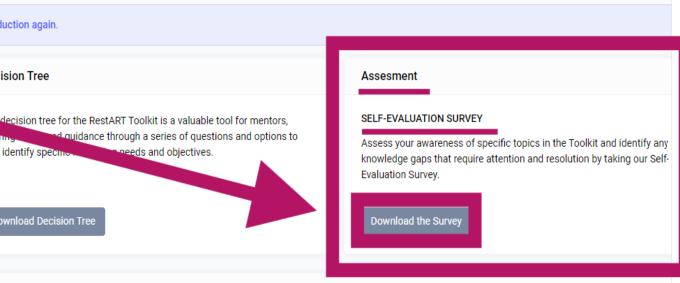
For more ways to monitor your learning process, we suggest you also take the

Go the platform Ment-Net menu "Toolkit & Handbook" and download the "Self-Evaluation Survey"

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# Course 1 Quiz



### You are ready...

If you provided the right answer to all the questions that comprise this quiz on Mentorship, well done, you are ready to become a restART mentor! If that was not the case, we invite you to improve your knowledge on the contents related to the questions you missed, by taking Course 1 modules that were critical. After, reply again to these questions. As soon as you got the right answer to every questions, congratulations! You are now ready to...

### ... to become a restART mentor!

### Join the Ment-Net platform!

https://ment-net.restarteurope.org/

