



www.restarteurope.org

Online Capacity Building Program



Co-funded by the
Erasmus+ Programme
of the European Union



Project Title: Mentoring Second-chance Female Entrepreneurs to Restart the European Arts and Creative Sector
Erasmus+ Key Actions 2: Strategic Partnerships
PR4. Online Capacity Building Program
Project Website: <https://www.restarteurope.org/>

This publication was authored collectively by the members of the RestART partnership.

Consortium Partners



Disclaimer

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them."

The reproduction, distribution and utilization by third parties of the products and resources developed by the RestART Europe project, or part of them in any of the above ways, is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike. It is attributed to the RestART Europe Consortium.



Attribution — You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.



NonCommercial — You may not use the material for commercial purposes.



ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original.

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.



01

Understanding and Building
Relationship between Mentors and
Mentees

COURSE 1 QUIZ

Questions
Answers

MODULE 1

PREPARATION

Question 01

What is one of the essential elements in the mentoring process?
From the following sentences, choose the one that best applies.

- a. Healthy levels of competition between mentor and mentee, enables the success of both.
- b. Active listening is crucial in building trust between mentor and mentee.
- c. Support from a more experienced person, hence benefiting the mentee only.
- d. Providing all the answers to mentees through the phases of mentorship is essential to expand knowledge.

MODULE 1

PREPARATION

Question 02

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

True or False?

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

What does negotiation in a mentoring relationship involve?

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

- a. Negotiation involves setting up expectations to ensure the mentor has control over the mentee's decisions.
- b. Negotiation involves avoiding communication outside of scheduled sessions, to keep boundaries.
- c. Negotiation involves limiting the extent to which mentors define mentees' decisions.
- d. Negotiation implies establishing clear objectives and foster mutual understanding and respect.

MODULE 3

GROWTH

Question 06

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

True or False?

MODULE 3

GROWTH

Question 07

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

True or False?

MODULE 3

GROWTH

Question 08

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

True or False?

MODULE 3

GROWTH

Question 09

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

MODULE 4

CLOSURE

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.”

True or False?

MODULE 4

CLOSURE

Question 11

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

True or False?

MODULE 4

CLOSURE

Question 12

“Collaboration combines diverse perspectives, knowledge, and experiences, fostering a culture of mutual respect and shared success.”

True or False?

MODULE 4

CLOSURE

Question 13

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

Answers

Preparation

Q01: B
Q02: True
Q03: B

Negotiation

Q04: A
Q05: D

Growth

Q06: False
Q07: True
Q08: True
Q09: A

Closure

Q10: True
Q11: False
Q12: True
Q13: C

Learning is a process

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

Self-evaluation survey for the Mentor's Toolkit

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

The screenshot displays the RestART Mentorship Toolkit interface. On the left, a sidebar menu is visible with the following sections: MAIN (containing Dashboard, Toolkit & Handbook, and Capacity Building Program), PEOPLE (containing Search all users, Show best matches, and Testimonials), MESSAGES AND DISCUSSION (containing Inbox and Discussion forum), and PERSONAL MENTOR PROFILE (containing View my profile, Change my profile, and Change my password). The 'Toolkit & Handbook' menu item is highlighted with a red box. The main content area is titled 'RestART Mentorship Toolkit' and features a blue banner with the text: 'Need the Introduction? Here you can refresh your mentorship memory and look at the Introduction again.' Below the banner, there are three main sections: 'Handbook & Translations' (with a link to the handbook and download buttons for 'Toolkit' and 'Handbook'), 'Decision Tree' (with a description of the decision tree and a 'Download Decision Tree' button), and 'Assesment' (with a 'SELF-EVALUATION SURVEY' section and a 'Download the Survey' button). A red arrow points from the 'Handbook & Translations' section to the 'Assesment' section. The 'Assesment' section is also highlighted with a red box.

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.restarteuropa.org/>