**Intergenerational Learning Curriculum**

Module 5 -Portugal - Mindshift

## Module Training Assessment

**Quiz**

1. What is the best definition for mentoring?
   1. Mentoring is a reciprocal relationship between two individuals that share a common goal.
   2. Mentoring is a teaching and learning relationship focused on career development.
   3. Mentoring relationships are focused on personal and professional development. Designed to build confidence in the mentee, a mentoring relationship is based on honesty, trust; exchange of knowledge; encouragement and empowerment.
2. In your opinion, are there any major differences between mentoring and reverse mentoring? Justify your answer.
   1. Yes
   2. No
3. Which of the following list is referring to the qualities needed to be a good mentor? J
   1. Facilitator and a teacher; Problem-solver; Motivator; Listener; Guide; Influencer; Networker.
   2. Your best friend; Excellent listener; Someone who Open doors; Not always available.
4. What is a mentor's major role in a mentoring relation?
   1. Pay special attention to cultural and social differences; gender considerations; confidentiality and conflict of interest.
   2. Give support and feedback when the mentee is having problems.
   3. To be a facilitator and a teacher, a problem-solver, a motivator, a listener, a guide, an influencer and someone that opens doors.
5. What are the main responsibilities of a mentee in a mentoring relationship?
   1. Be willing to learn.
   2. Have the ability to listen.
   3. Participate actively in all mentoring sessions.
6. Is active listening an exclusive skill required in a mentor? Justify your answer
   1. Yes
   2. No
7. What makes an effective mentoring relationship?
   1. Establishing formal meetings and sessions with common goals between the mentor and the mentee.
   2. Setting up formal arrangements like mentorship agreements; regular meetings and a formal closure for the mentoring relation.
   3. The friendship and trust between two people that are willing to learn from each other.
8. What defines a good mentoring programme?
   1. The tools used to match mentors and mentees.
   2. The clear definition of a strategy, the establishment of clear objectives and goals, and setting evaluation standards.
   3. The will to make a difference.
9. What is best definition of a professional e-portfolio?
   1. Tangible summary about someone’s work accomplishments, skills and competencies presented in a digital format (for example a personal website).
   2. Document that briefly describes someone’s educational and professional experience.
10. What are the main steps involved in designing a mentoring programme?
    1. Creating activities and selecting mentors to mentees.
    2. Define a strategy; design the mentoring programme; train the mentors; evaluate the programme.
    3. Select mentors, select mentees, and arrange meetings.