Program Evaluation Survey for Mentees

AMI Mentee Evaluation Form

Title Page
Please provide constructive feedback regarding your mentorship program experience. We would like to have your opinion of the mentorship program so that we may evaluate and strengthen the program for the future. Please complete the questions below. The time required to complete this form is 30-60 minutes. This form will remain confidential and be reviewed only by the evaluation team.

Q1. Full Name

First Name and Last Name: *

Q2. Date

AMI

Please provide answers for the questions below regarding AMI. Questions will require either a written response, a rating on a scale provided, or a multiple-choice answer. Please read each question carefully.

Q3. Once you were matched with your mentor, approximately how frequently did you meet with your mentor? (e.g. Once a week; 2 times per month)

Answer: *

Q4. How often do you wish you had met with your mentor? (e.g. Once a week; 2 times per month; I would not change our meeting frequency)

Answer: *

Q5. During your time with AMI, what was the approximate duration of each meeting?

- Less than 30 mins
- 30 mins
- 45 mins
- 1 hour
- 1 hour, 30 mins
- 1 hour, 45 mins
- 2 hours
- More than 2 hours

Q6. I wish that meetings with my mentor were:

- Less than 30 mins
- 30 mins
Q7. What aspects of this mentorship program did you find challenging?

Q8. What aspects of the program were most enjoyable and rewarding?

Q9. Please check which goals you and your mentor work on have worked on together.
- Meeting People and Socializing (e.g. how to join a club, how to meet people on campus)
- Communication Skills (e.g. how to write a suitable email to your TA or professor, how to book an in-person meeting with an advisor, how to interact in a group project)
- Managing Anxiety and/or Stress (e.g. how to recognize anxiety and what to do about it, how to cope with unexpected changes to your routine)
- Organization and Planning (e.g. how to organize your study and free time, how to manage multi-tasking, how to manage your time for deadlines for your assignments and projects)
- Wellness and Self-care (e.g. how to stay healthy so that you do well in university, how to manage a healthy lifestyle through nutrition and/or personal care)
- Career/Job Exploration (e.g. learning more about various undergraduate and graduate programs at SFU, how to find a summer job or volunteer work, how to do an interview)
- Other

Q10. If you selected "other" in the previous question, please state and describe these "other" goals:

Q11. Which of these goals are most important to you? Please explain.
Q12. Who decides which goals to work on (you, your mentor, or both of you)? Please explain.

Q13. How helpful, overall, was your mentor to you when working on your goals?

- Very Helpful
- Helpful
- Moderately Helpful
- Not Very Helpful
- Not Helpful

Q14. Please select one answer per question that best applies to you, using the scale provided below.

<table>
<thead>
<tr>
<th>I am pleased with my decision to attend university:</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having a mentor has helped me to navigate the school better:</td>
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<tr>
<td>This mentorship program helped me to socialize more with other students:</td>
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</tbody>
</table>

Q15. How committed were you to meeting with your mentor?

- Very Committed
- Committed
- Moderately Committed
- Somewhat Committed
- Not Committed

Q16. Please select one answer per question that best applies to you, using the scale provided below.
I am better able to meet deadlines for assignments and projects at university because of the support I have received from my mentor:

I did not feel comfortable talking to my mentor about my experiences at university:

This mentorship program has helped me to meet new people:

The AMI resources on Canvas were useful to me:

Q17. What does "university adjustment" mean to you? Please describe.

Q18. How important do you feel mentoring was to your overall adjustment to university throughout the Fall and Spring semesters?

- Very Important
- Important
- Moderately Important
- Of Little Importance
- Unimportant

Q19. Please select the answer that best applies to you, using the scale provided below.

- I feel well adjusted to university.
- I feel somewhat adjusted to university.
- I feel neutral.
- I am not yet adjusted to university but feel I am making progress and becoming adjusted.
- I do not feel adjusted to university at all.

Q20. According to Baker & Siryk (1999), "university adjustment" refers to a student's success in coping with the academic, social, and emotional demands inherent to the college experience, as well as his/her attachment to the particular institution he/she attends. According to this definition, how important was mentoring to your overall adjustment to university throughout the Fall and Spring semesters?

- Very Important
- Important
- Moderately Important
Q21. According to Baker & Siryk's (1999) definition of "university adjustment", please select the answer that best applies to you:

- I feel well adjusted to university.
- I feel somewhat adjusted to university.
- I feel neutral.
- I am not yet adjusted to university but feel I am making progress and becoming adjusted.
- I do not feel adjusted to university at all.

Q22. Please select one answer per question that best applies to you, using the scale provided below.

<table>
<thead>
<tr>
<th>I am satisfied with my academic performance this year:</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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<tbody>
<tr>
<td>I feel my mentor and I were a good match:</td>
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<td>I feel I am more self-aware of my needs and goals since I started university:</td>
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<td>I feel I can express my goals better to my mentor now than when I first started AMI:</td>
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<td>I feel more competent in addressing my own goals since I started university:</td>
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</table>

Q23. Please select one answer per question that best applies to you, using the scale provided below.

<table>
<thead>
<tr>
<th>My mentor taught me how to better plan for assignments:</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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<tbody>
<tr>
<td>AMI has helped me to improve my time management skills:</td>
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<td>AMI increased my awareness of campus resources:</td>
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<td>My mentor did not help me to improve my study skills:</td>
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<td>AMI has taught me how to better communicate with professors and teacher assistants:</td>
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<td>My mentor has helped me to improve my social skills:</td>
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<td>I feel that my mentor and I have a good connection:</td>
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</table>
Having a mentor hasn’t really improved my university experience:

AMI has taught me how to better communicate with my peers at university:

Q24. Please select which events or activities you would like to attend in AMI:

☐ Social Events (e.g. pizza, movies, games, etc.)
☐ Off-campus Activities (e.g. go kart racing, bowling, exploring downtown, etc.)
☐ Outdoor Activities (hiking, play a sport, beach trip, etc.)
☐ Job Learning Seminars (e.g. resume-building, co-op presentation, how to find job or volunteer opportunities, etc.)
☐ Health and Wellness Presentations (e.g. learning about nutrition, learning how to manage your health, etc.)
☐ Academic Learning Seminars (e.g. study strategies, how to plan and organize school work, etc.)
☐ Social Learning Seminars (e.g. how to improve soft skills such as interacting with others personally and professionally, how to meet others on campus, etc.)
☐ Meeting with Other Mentor-Mentee Pairs Throughout the Year (e.g. two mentees and two mentors meet for coffee or attend an on-campus event together, etc.)
☐ None of the above
☐ Other

Q25. If you selected "other" suggested events or activities, what are your suggestions for events or activities that you would like to attend in AMI?

Q26. Do you feel like you and your mentor work well together? Please explain.

Q27. Please select the descriptions that best describe your relationship with your mentor towards the end of the Spring semester.

Level of Support:

Q28. Please select the descriptions that best describe your relationship with your mentor towards the end of the Spring semester.
<table>
<thead>
<tr>
<th>Question</th>
<th>Description</th>
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<tbody>
<tr>
<td>Q29</td>
<td>Level of Comfort:</td>
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<tr>
<td>Q30</td>
<td>Level of Fun:</td>
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<td>Q31</td>
<td>Level of Friendliness:</td>
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<td>Q32</td>
<td>Level of Trust:</td>
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<td>Q33</td>
<td>Level of Formality:</td>
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<td>Q34</td>
<td>Level of Enjoyment:</td>
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<td>Q35</td>
<td>Level of Care:</td>
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<tr>
<td>Q36</td>
<td>If you feel there is a better word (or words) to describe your relationship with your mentor, please give your description in the box provided below.</td>
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</table>
Q37. My meetings with my mentor tended to be:

- Very formal and structured
- Somewhat formal and structured
- Somewhat casual and informal
- Very casual and informal

Q38. The structure of my meetings with my mentor:

- has become more casual and less formal overtime
- has become less casual and more formal overtime
- has not changed overtime/has stayed the same

Q39. Please select one answer per question that best applies to you, using the scale provided below.

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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<tbody>
<tr>
<td>This mentorship program has encouraged me to keep up with my studies at university.</td>
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<td>I enjoyed spending time with my mentor.</td>
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<td>I feel that I fit in well at university.</td>
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<td>My mentor encouraged me to try new things.</td>
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<td>My year at SFU was more productive because I had a mentor to help and support me.</td>
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<td>This mentorship program provided me with opportunities to get involved in events on campus.</td>
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<td>I felt comfortable asking my mentor for help.</td>
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<td>My mentor taught me ways to ask for help when I need it.</td>
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<tr>
<td>I am pleased with my decision in joining this mentorship program.</td>
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Q40. During the interview with the research coordinator, Nicole, which method did you prefer for interviewing:

- Writing my answers on computer
- Verbally discussing the questions in conversation
I don't have a preference (between writing or verbally discussing my answers in the interview)

Q41. Please explain why you prefer this method (or state why you do not have a preference).

Q42. Do you like the title "Autism Mentorship Initiative"?
- Yes
- No

Q43. Do you have any suggestions for a different title? Please provide suggestions below.

Q44. Do you wish to continue participating in AMI? Why or why not?

Q45. For any additional comments, provide feedback here:

Please click on the "Submit" button and then click "OK" to confirm submission when you have finished completing this survey. Thank you.