

1. A mentor can be defined as:
 - A. A trusted counselor or guide
 - B. A one-on-one relationship in which a peer leader with more recovery experience than the person served encourages, motivates, and supports a peer who is seeking to establish or strengthen his or her recovery
 - C. A voluntary relationship based upon mutual trust and respect
 - D. All of the above

2. The four basic tasks of mentoring include:
 - A. Increase the client's ability to interact
 - B. Develop goals for the client
 - C. Establish a positive, personal relationship with the client
 - D. B and C
 - E. A and C

3. The relationship of the peer leader to the peer receiving help is supportive, not directive
 - A. True
 - B. False

4. When sharing your story, it is important to share all of the details of your story
 - A. True
 - B. False

5. Active listening requires the listener to:
 - A. Take notes, show you are listening, provide feedback, defer judgment, respond appropriately
 - B. Pay attention, show you are listening, provide feedback, prepare your response, respond appropriately
 - C. Pay attention, show you are listening, provide feedback, defer judgment, respond appropriately
 - D. Pay attention, show you are listening, provide feedback, defer judgment, respond with your opinions

6. Open-ended questions can help you gather information on specific needs and concerns
 - A. True
 - B. False

7. When a mentor provides support at the "Do With" level, they are providing a moderate level of support
 - A. True
 - B. False

8. A mentor should not:

- A. Explain clearly what their role will be
- B. Strive to be all things to all people
- C. Strive to remain compassionate while maintaining professional boundaries
- D. Understand that a balance needs to be struck between genuine professional concern and maintaining appropriate professional boundaries

9. Mentors build supportive relationships by:

- A. Learning about the individual and the family from their doctor
- B. Focusing on the strengths of the individual
- C. Using acronyms, jargon, murky descriptions, and initials
- D. Offering to complete needed tasks

10. Body language accounts for between 60-65 percent of all communications

- A. True
- B. False