**National Mentoring Resource Center (NMRC)**

**Measurement Guidance Toolkit**

**Ready-to-Use Measures**

**DOMAIN:** Mentoring Relationship Quality

**MEASURE:** Mentor-Youth Alliance Scale (MYAS)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Very False | False | True | Very True |
| 1. I would feel sad if something bad happened to my mentor.  | □1 | □2 | □3 | □4 |
| 2. My mentor is happy when good things happen to me. | □1 | □2 | □3 | □4 |
| 3. My mentor cares about me.  | □1 | □2 | □3 | □4 |
| 4. I try to follow my mentor’s advice. | □1 | □2 | □3 | □4 |
| 5. I feel my mentor cares about me, even when I do things s/he does not approve of.  | □1 | □2 | □3 | □4 |
| 6. I look forward to the time I spend with my mentor. | □1 | □2 | □3 | □4 |
| 7. My relationship with my mentor is important to me.  | □1 | □2 | □3 | □4 |
| 8. I enjoy talking with my mentor. | □1 | □2 | □3 | □4 |
| 9. I trust my mentor.  | □1 | □2 | □3 | □4 |
|  10. I feel comfortable with my mentor. | □1 | □2 | □3 | □4 |