***Setting S.M.A.R.T. Goals for your Mentoring Experience***

In order to get the most out of your mentoring experience, each student should set clear goals for the year. Your mentor can work with you to further develop and refine these goals throughout the year. You should review your Mentoring Goals for the year with your mentor at your first meeting.

Use S.M.A.R.T. criteria to ensure that your goals are meaningful and motivating:

• Specific: Is your goal well-defined enough to be understood by your mentor?

• Measurable: How will you know when you have made progress or achieved your goal?

• Action-oriented: What are the steps you will take to move forward to reach your goal?

• Realistic: What are the resources you need to meet this goal? What are the constraints?

• Time-limited: Do you have a deadline or phases for achieving/reviewing the goal?

**Professional Development Goals:**

1.

2.

**Personal Development Goals:**

1.

2.

**Actions, Resources, Timeframe:**

What actions and resources do you need to reach each goal? What is the deadline for completion? What can you do and where could your mentor help out?

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| **Goals** | **Actions** | **Resources** | **Completed by** |
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What are possible barriers that you may face as you strive to achieve your goals?