

GOAL SETTING

Take some time to think about goals you wish to accomplish throughout the mentor program and determine how your mentor can be a helpful resource.

ACADEMIC GOALS

How can the mentor help?

PROFESSIONAL GOALS

How can the mentor help?

EXTRACURRICULAR GOALS

How can the mentor help?

PERSONAL GOALS

How can the mentor help?

REFLECTING

Whether your mentoring relationship thus far was highly productive or less than you'd hoped for, mentoring experiences offer the opportunity to learn, grow as professionals and gain insights about ourselves. The questions below can help you process how the mentoring experience is going. Think back to when you first met your mentor/mentee and the conversations you two have had together.

- What have you learned from them?
- Are there pieces of information you've taken away that you can apply in a different situation?
- What would you do differently, and what are your next steps?