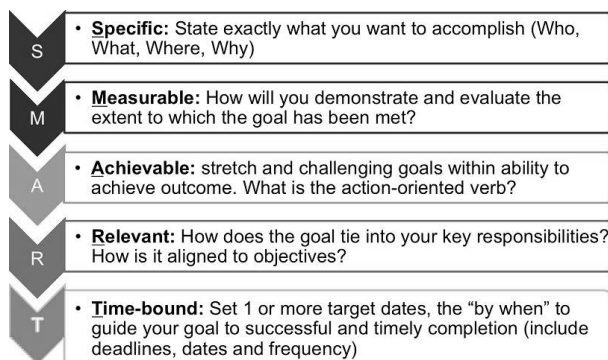


Goals & Action Plans

When brainstorming a goal, it's important to be SMART! Fill out this sheet to establish mentoring goals with your mentee.



Goal – Academic, Professional, Personal, Community, Spiritual:

Example: I will shut off my phone, laptop and TV this Wednesday from 6-9 pm to distance myself from the noise of technology and to practice better mental clarity.

How will you know when you have reached your goal?

Example: I will reach my goal once I reflect on "unplugging" and turn on my phone, laptop and TV after 9 pm.

Steps for achieving your goal:	Completion Date:
1. <i>Example: I will complete all mandatory work, club and academic tasks requiring the use of technology.</i>	<i>By 3:30 pm on Wed.</i>
2. <i>Example: I will let friends, family and roommates know that I am shutting off my phone and email and will not be available electronically during that time.</i>	<i>By 5:30 pm, Wed.</i>
3. <i>Example: I will choose a memorable, out-of-sight location within my room to avoid temptations of turning on my phone, laptop and TV (i.e. remote control).</i>	<i>By 5:50 pm, Wed.</i>
4. <i>Example: I will shut off and place my phone, laptop and remote control in chosen location and pursue an activity that does not require electronics.</i>	<i>6-9 pm, Wed.</i>
5. <i>Example: I will reflect on "unplugging" and turn on my phone, laptop and TV.</i>	<i>After 9 pm, Wed.</i>