

# 2022-23 UMD Mentor Program Goals Agreement



## Goal Setting

Students are encouraged to think about their academic, professional, and personal goals before meeting with their mentor. After meeting, students and their mentors should discuss these goals, evaluate what can be accomplished together, and begin building a plan. It is critical that both students and their mentors understand and agree on their shared goals for the year.

## Goals Agreement

Students should record their agreed upon goals on page 2 of the Goals Agreement. The agreement documents the shared goals of each student and mentor, and establishes deadlines. By completing and signing the Goals Agreement, students and mentors commit to pursuing these goals together.

Please note: your goals can change! This agreement is intended to be a guide. It will help you establish direction in your mentoring experience, and provide a way to measure your progress in the program. If you need to change your goals, please talk with your mentor and build a plan together.

## Suggestions

- *Be Specific:* Keep your goals for this program focused. If your goals are too big, consider breaking them down into separate objectives.
- *Measurable:* Think about how you will know if and when you reach your goal.
- *Timing:* Use deadlines to hold yourself accountable. Be considerate of your mentor's schedule.
- *Stay Flexible:* It is ok to change your goals! Your circumstances and interests may change during the year. These situations are great opportunities for discussion between students and mentors.

## Next Steps

- Complete page 2 of the Goals Agreement.
- Students and mentors sign and date the agreement (digital signatures are acceptable).
- Send a completed version to Alumni Relations at [alumni@d.umn.edu](mailto:alumni@d.umn.edu).

Goal #1:

Deadline:

Goal #2:

Deadline:

Goal #3:

Deadline:

By signing this agreement, you are committing to pursuing the above goals in 2022-23 as part of the UMD Mentor Program.

Mentor signature: \_\_\_\_\_

Date: \_\_\_\_\_

Student signature: \_\_\_\_\_

Date: \_\_\_\_\_