



MENTORING GOAL SETTING WORKSHEET

Name: _____ Date: _____

My Professional or Social Goal is: _____

Anticipated Date to Achieve: _____

Steps I will take towards this Goal: _____

1. _____

2. _____

3. _____

My Academic Goal is: _____

Anticipated Date to Achieve: _____

Steps I will take towards this Goal: _____

1. _____

2. _____

3. _____

My Goal for the Mentoring Relationship is: _____

Anticipated Date to Achieve: _____

Steps I will take towards this Goal: _____

1. _____

2. _____

3. _____

Mentor and Mentee Contract Agreement

This **Goal Setting Worksheet** is intended to provide a starting framework for the mentorship. Both Mentor and Mentee should keep a copy, discuss goals, implementation of steps and together make every effort to fulfill.

Mentee Signature and Date

Mentor Signature and Date