Model for Mentors
Goal Setting Worksheet

Teaching - Research – Service

Use this worksheet to help facilitate discussion and goal setting with your mentor in the area highlighted above.

Strength
Begin by identifying an area of personal strength you would like to pursue.

Goal
Articulate a significant goal related to your strength. This can be a long-term goal, but make sure to create an aspect of this goal that can be measured for your yearly review. This could mean dividing your long-term goal into four or five sequential steps that lead to your long-term goal.

Obstacles & Challenges
Indicate any possible external obstacles or personal challenges that you perceive might prevent the successful achievement of your goal. Make sure to also keep track of any additional obstacles that might appear as you begin to work on your goal.

Problem-Solving
Problem-solve & brainstorm possible steps to overcome obstacles. This part can be done with your mentor and may be especially important to discuss if you need departmental or other support in achieving your goals.