



Mentee _____ Mentor _____ Date _____

S.M.A.R.T. GOALS (*Specific - Measurable - Attainable - Results-oriented - Time-bound*)

This form will help you and your mentor to initially set goals that you want to accomplish during the year.

Your goals should be **S.M.A.R.T. Goals: Specific, Measurable, Attainable Results-oriented and Time-bound.**

Bring this form to your meetings to help gauge progress with your goals. This will help you and your mentor to stay on track and measure your progress, modify your goals as new things develop, or make new ones.

ORGANIZATIONAL GOALS:

PROFESSIONAL GOALS:

PERSONAL GOALS:

PROGRESS TOWARD GOALS / DISCUSSION TOPICS

PROPOSED ACTIONS

<i>Mentee</i>	<i>Mentor</i>	<i>Date Due</i>

Next Meeting:

Date:

Time:

Place:

OR

Virtual or Phone Call: