

Creating SMART Goals

Creating goals that you and your mentor can work towards will help your working relationship be more productive. When creating goals, follow the SMART guidelines below.

Specific- What are you hoping to accomplish? (Who, What, Where, Why)

Measurable- How will you know when you've accomplished your goal?

Action-oriented- Describe the result and how it can be reached.

Realistic- Is the goal achievable? Are you able to put in the work needed?

Timely- What is your deadline? "By when" do you want to complete the goal?

GOAL #1:

How can my mentor support me in achieving this goal?

GOAL #2

How can my mentor support me in achieving this goal?

QUESTIONS? PLEASE CONTACT PAMELA ERICKSON, DIRECTOR, PERICK@K-STATE.EDU
www.he.k-state.edu/mentoring