

## Setting Goals

- When students and mentors arrive, have them break into groups and develop their own definition for the word “goal”. Each group will develop one definition.
- Groups share their definition to develop one definition.
- Write the dictionary definition on the board.

Discuss goal setting and why it is important. Have mentors share examples of goals they have set and achieved. Explain the difference between short and long-term goals. Have students share any goals they may have set that morning that would be completed today (short-term). Have them do the same for any they may have set that would be completed by the end of the year (long-term).

Discuss the “Our Mentoring Plan” activity with students and mentors. Have the students develop three goals to be attained by the end of the current semester. Stress the idea that these goals should be realistic, achievable, and time bound. Mentors may suggest ideas to the students if they are having difficulty, but the goals and action plans should come from the students.