## MULTNOMAH ALUMNI CAREER MENTORING

## **GOAL SETTING WORKSHEET**

Discuss the mentor's background and experience, and then discuss the student's background, experience and coursework/major.

The student can then indicate next to the following statements their level of interest in the following activities (L=low, M=medium or H=high).

| Insight into mentor's own academic experience.   | L | М | Н |
|--|---|---|---|
| Guidance on how to seek a job in the field.      | L | М | Н |
| How personal and professional life fit together. | L | М | Н |
| Attending a professional meeting with mentor.    | L | М | Н |
| Review of mentor's resume/CV.                    | L | М | Н |
| Critiquing student's resume/portfolio/CV.        | L | М | Н |
| Developing interviewing skills.                  | L | М | Н |
| How mentor navigated graduate school.            | L | М | Н |
| Shadow mentor at workplace.                      | L | М | Н |
| Discussion of academia vs. industry.             | L | М | Н |
| Introduction to colleagues or contacts.          | L | М | Н |
| Other:   | L | М | Н |
| Other:   | L | М | Н |

After completing the above, dialogue about ways that the mentor might be able to give guidance to the student on the topics rated high or medium.