



Name

Date

Professional Goals & Motivations

What are my educational and career aspirations?

How do I think these aspirations can be best met through my undergraduate research?

Talents or Strengths

What are my talents and strengths?

Development Opportunities

What knowledge or skills do I need to enhance?

SMART Goals & Action Steps

Goals are: **S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**ime-bound

What goals do I have for the semester? Academic year?

What specific actions can I take to achieve these goals?

Revision Date

Mentor Name & Signature