



M.P.R.E.P Mentoring Action Plan

Use the mentoring action plan to identify your individual academic or professional goals. Work with your mentor to help determine the best plan to achieve your goals for this year and beyond. Your goals should align with the **SMART** goal writing technique:

S: specific **M:** measurable **A:** achievable **R:** results-oriented **T:** time-based

Vision Statement:

Using the text box below, please create a one- to two-sentence statement that describes what you want to accomplish professionally and/or academically.

Goals:

Use the text box below to write out your goals. You should have at least three (3) goals but no more than five (5) goals for this particular plan.

- 1.
- 2.
- 3.
- 4.
- 5.



Use the following table to help you refine and strategically plan out your goals you listed in the previous section.

	Specific action steps.	Milestones to be measured.	How can my mentor help me achieve this goal?	What are my expected results? How will I know I completed this goal?	My goal will be completed by this date. Make sure you determine short term or long- term goals here.
Goal 1					
Goal 2					
Goal 3					
Goal 4					
Goal 5					

Student acknowledgement: By signing your name below, you agree to everything in your mentoring action plan and commit to working toward your stated goals.

Mentor acknowledgment: By signing your name below, you agree to assist your mentee with accomplishing their stated goals and find the goals listed relevant to their professional and/or academic development.

Print Name

Student Signature

Date

Print Name

Mentor Signature

Date