

Name:

PAWS ID:

Mentored Action Plan

You are to work with an assigned advisor to develop a mentored action plan. The purpose of this plan is to explore your personal goals and to explore opportunities for continued success at TCNJ and beyond upon graduation. Prior to meeting with your assigned advisor, please complete the Life Values Inventory (<https://www.lifevaluesinventory.org/>). You will meet with your advisor a minimum four (4) times to discuss your plan. At the end of the initial meetings, your assigned advisor may require additional meetings to complete your plan.

You are asked to explore your interests and goals and develop a related action plan to aid in your success as a student at TCNJ.

S.M.A.R.T. Goals:

For this action plan, SMART Goals are defined as:

- Specific
- Measurable
- Achievable
- Relevant
- Time-Bound

Some helpful resources on smart goals:

<https://www.smartsheet.com/blog/essential-guide-writing-smart-goals>

http://www.hr.virginia.edu/uploads/documents/media/Writing_SMART_Goals.pdf

<https://www.mindtools.com/pages/article/smart-goals.htm>

Action Plan		
Goal 1:		
Why is this goal important?		Is my goal? ➤ <u>S</u> pecific ➤ <u>M</u> easurable ➤ <u>A</u> chievable ➤ <u>R</u> elevant ➤ <u>T</u> ime-Bound?
What is needed to accomplish this goal?		

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What are potential barriers to this goal?		
Who can help, support you or hold you accountable to achieve this goal?		
Goal 1 Action Steps: Please list at least three (3) action steps you will take with this goal. You can add more as desired or needed.		
<ul style="list-style-type: none">● Action: ● Action: ● Action:	Deadline:	
Goal 2:		
Why is this goal important?		Is my goal? <ul style="list-style-type: none">➤ <u>S</u>pecific➤ <u>M</u>easurable➤ <u>A</u>chievable➤ <u>R</u>elevant➤ <u>T</u>ime-Bound?
What is needed to accomplish this goal?		

Name:

PAWS ID:

What are potential barriers to this goal?		
Who can help, support you or hold you accountable to achieve this goal?		
Goal 2 Action Steps: Please list at least three (3) action steps you will take with this goal. You can add more as desired or needed.		
<ul style="list-style-type: none">● Action: ● Action: ● Action:	Deadline:	
Goal 3:		
Why is this goal important?		Is my goal? <ul style="list-style-type: none">➤ <u>S</u>pecific➤ <u>M</u>easurable➤ <u>A</u>chievable➤ <u>R</u>elevant➤ <u>T</u>ime-Bound?
What is needed to accomplish this goal?		

Name:

PAWS ID:

What are potential barriers to this goal?		
Who can help, support you or hold you accountable to achieve this goal?		
<p style="text-align: center;">Goal 3 Action Steps: Please list at least three (3) action steps you will take with this goal. You can add more as desired or needed.</p>		
<ul style="list-style-type: none">● Action: ● Action: ● Action:	Deadline:	

Upon completion of the plan please reflect on the following with your assigned advisor.

- *Did you accomplish all of the goals you and your advisor discussed? Why or why not?*
- *How do your goals/interests in the plan relate to your personal goals while at TCNJ? How do they relate to your goals post-graduation?*
- *What did you find most interesting during this process?*
- *What did you find most difficult during this process?*
- *Having completed this plan, what have you learned about yourself?*
- *Having completed this plan, do you have plans to explore any of your goals or interests more in depth? Why or why not?*

Your assigned advisor will be asked to verify your completion of the Mentored Action Plan meetings and reflection by the Office of Student Conduct and Off-Campus Services.

Clicking Save & Submit will open a prompt to open an email to conduct@tcnj.edu with your completed assignment attached. Please cc your hearing administrator in the email and attach your Life Values Inventory as well.