Name: ____________________________

Mentor(s): ______________________  ______________________

Event Date: ______________________

Are your career plans and goals the same this year as last year?

☐ YES  ☐ NO

If not, how have they changed? ______________________________________________________

1) Which Core competencies did you primarily engage in this year? ______________________

2) What were your goals? __________________________________________________________

3) What specific program did you make towards each of these goals? ____________________

4) What were the challenges, and did you achieve your milestone? ______________________

5) What competency goals will you aim for this coming year? ____________________________

6) How will you work towards those goals? __________________________________________

7) What challenges do you foresee? _________________________________________________

8) What tangible/objective measure will you use to evaluate your success? ________________

QUESTIONS CONTINUE ON THE BACK OF THIS FORM
9) What will you need from your mentor to achieve these goals? ________________________________

10) What will you seek on your own to meet your plan? ________________________________

11) Re-evaluate all the competencies and determine whether you need to re-select goals, or re-evaluate your own competencies. List any re-evaluations or new competency needs that have emerged over the past year.

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