

## **Technical sheet for mentors**



### 11. MY SMARTE GOALS

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Foundation meeting	Goal Setting & Planning	30 mins	1
Learning-2-Learn dimension elements;	<ul> <li>Developing long term goals</li> <li>Locating meaningful learning targets</li> <li>Identifying effective strategies</li> <li>Planning out steps</li> </ul>		
Tags	Goa	al setting, planning learnir	ng, learning goals

# The aim of the activity

The aim of this exercise is to make the mentees' goals smart, to help them become aware of why they will aim at a specific goal, and the effect that the achievement of this goal will have on them. This exercise will motivate the mentees in the process of reaching that goal

#### **Preparation**

Insert the activity, set up ready to print, in the way the mentees will receive in handout format.

Print the handout

#### **Application**











Ask the mentees to read the questions on the sheet, and write down their answers in the

They can use the examples from the handout to get inspiration and to guide them.



Direct link to the activity handout on the learning platform

https://upsim.aidlearn.eu/en/













# **Activity tool**

#### **MY SMARTE GOALS**

Specific	
What do you want to accomplish and WHY?	
Measurable	
How do you know when you have reached your goal? What has changed?	
Achievable and Attractive	
Why would you like to reach this goal? What value will it bring to you?	

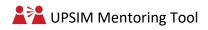












Relevant and Realistic	
Is it a relevant goal will you	
be able to reach the goal?	
What barriers will you	
meet? What will you do to overcome those barriers?	
overcome those burners:	
Time	
How much time do you	
need to spend to reach the	
goal? Do you have a deadline?	
deddiine:	
500	
Effect	
Once you have reached	
this goal, how will your life	
be better/different? What will be the value and effect	
of reaching this specific	
goal?	



















