

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 style="list-style-type: none"> - Developing long term goals - Locating meaningful learning targets - Identifying effective strategies - Planning out steps 		
Tags	Goal setting, planning learning, 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 box.

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

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

<p>Relevant and Realistic</p> <p><i>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?</i></p>	
<p>Time</p> <p><i>How much time do you need to spend to reach the goal? Do you have a deadline?</i></p>	
<p>Effect</p> <p><i>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?</i></p>	



