

GETTING STARTED

Setting goals as a mentor or mentee is critical to getting started, but writing them down makes achieving them more likely as mentioned in the article: [Neuroscience Explains Why You Need To Write Down Your Goals If You Actually Want To Achieve Them](#). So take inspiration from the following mentoring goal examples, and then write down goals that mean something to you.

During your first meeting with your mentor or mentee, your discussion should focus on the goals you hope to achieve. In particular, consider the following two types of goals and use this article as a guideline: [Examples of Mentorship Goals: For mentors, Mentees, and Organizations | Together Mentoring Software \(togetherplatform.com\)](#).

TO BE GOALS

These goals may look different for the mentor and mentee, but are used as aspirations of what you would like to achieve or become by the time you reach the end of your mentoring relationship.

- An effective instructor
- A premier scholar in my field
- An active member in my professional association
- A productive researcher
- A beneficial advisor to my students

TO DO GOALS

These goals are the steps that you can begin taking now to reach or become closer to achieving your listed “to be” goals throughout your mentoring relationship.

- Submit a Grant Proposal
- Publish two articles this year
- Seek nomination for an award
- Network with higher-level university administrators
- Chair a standing committee