

Time Management & Goal Setting

Preparation for Session:

None

Purpose/Focus:

- Time management
- Goal Setting

Suggested Agenda:

1. Check-in with students
 - Follow-up with students about any concerns/issues that were raised during the last mentoring session
 - Suggested icebreaker: Everyone share the best piece of advice that they have ever been given about college
2. Time management
 - Everyone in the group share challenges that they have or have had with time management. For those students with previous college experiences, how do their time management needs feel different at OSU?
 - Faculty and peer mentors offer time management strategies to use in college including tips for juggling family, work, academic and social commitments
 - Look at [available tools](#) in the Academic Success Center's Learning Corner on managing and making time
3. Goal setting
 - Mentors share a short and long-term career goal with students.
 - Share thoughts about why setting goals is important and offer tips for setting goals. Resources: [Academic Success Center's Goal Setting](#) & [Creating SMART Goals from UMass](#)
 - Guide students in developing short and/or long-term goals. Provide guidance/suggestions as needed.

Suggestion: Plan a fun activity with the group and/or meet somewhere new as a reward for setting goals! (e.g., coffee or lunch, attend a campus event together)