

MENTOR PROGRAM REFLECTION EXERCISE
University Health Center Health Promotions / Office of Student Conduct
The University of Georgia

Revisit your personal mission statement and the goals and action steps you outlined during the mentor program. Respond to the following questions with those assignments in mind. Each response should thoroughly answer the question.

PERSONAL MISSION STATEMENT and CORE VALUES

Rewrite your personal mission statement
Rewrite core value and associated value statement
Rewrite core value and associated value statement
Have you found your core values or personal mission statement to be practical or useful? If yes, how so?
If applicable, please describe a time when your core values or mission statement guided you in making a decision, overcoming a challenge, or resolving an issue. How did your core values or personal mission statement help and/or impede you in making the decision, overcoming the challenge, or resolving the issue?

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GOALS and ACTION STEPS

Rewrite Goal 1

Rewrite Action Step 1

Have you completed the outlined action step toward accomplishing the goal? If no, discuss what kept you from taking that step.

Did you encounter any challenges in making progress toward the goal?

Is this still one of your goals? If yes, what is the next step you want to take? If no, why not, and what is your new goal?

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Rewrite Goal 2

Rewrite Action Step 2

Have you completed the outlined action step toward accomplishing the goal? If no, discuss what kept you from taking that step.

Did you encounter any challenges in making progress toward the goal?

Is this still one of your goals? If yes, what is the next step you want to take? If no, why not, and what is your new goal?

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Rewrite Goal 3

Rewrite Action Step 3

Have you completed the outlined action step toward accomplishing the goal? If no, discuss what kept you from taking that step.

Did you encounter any challenges in making progress toward the goal?

Is this still one of your goals? If yes, what is the next step you want to take? If no, why not, and what is your new goal?