

Example UGR Goal Worksheet

	Goal # 1	Goal # 2	Goal # 3	Goal # 4
Statement of Goal	Increase understanding of what research entails	Balance work and studies	Improve networking skills	
Actions to Take for Reaching Goal	Become familiar with the tools available to researchers	Explore different schedules with faculty mentor	Ask faculty mentor for tips on networking	
Foreseeable Challenges	Don't always know when to ask for help or guidance	May need to reduce classes or work hours	Might be tentative in seeking advice	
Benchmark to Measure Progress	Decrease in time required to obtain necessary information	Improved grades and more energy for job	Use networking to find an internship next spring	
Expected Time Frame	3 months	2 semesters	6 months	
Accomplished?				