

Below, you'll find a list of skills that you can collaborate on with your mentor. Take a look and select the ones you believe would benefit from more assistance or guidance. Feel free to share this list with your mentor, so you can work together effectively.

| | Yes, I would like learn more how to improve this skill | Additional Notes |
|--|--|------------------|
| Time Management: | | |
| Setting priorities and goals | <input type="checkbox"/> | |
| Creating a study schedule | <input type="checkbox"/> | |
| Breaking tasks into manageable chunks | <input type="checkbox"/> | |
| Using tools like calendars and planners | <input type="checkbox"/> | |
| Professional Communication: | | |
| Email etiquette and formal writing | <input type="checkbox"/> | |
| Active listening and effective verbal communication | <input type="checkbox"/> | |
| Articulating thoughts clearly and confidently | <input type="checkbox"/> | |
| Interacting with professors, peers, and professionals | <input type="checkbox"/> | |
| Organization: | | |
| Keeping track of assignments, deadlines, and events | <input type="checkbox"/> | |
| Maintaining a neat and organized workspace | <input type="checkbox"/> | |
| Using digital tools for note-taking and organization | <input type="checkbox"/> | |
| Study Skills: | | |
| Effective note-taking techniques | <input type="checkbox"/> | |
| Strategies for active learning and engagement | <input type="checkbox"/> | |
| Critical thinking and problem-solving methods | <input type="checkbox"/> | |
| Test preparation and time management during exams | <input type="checkbox"/> | |
| Goal Setting: | | |
| Defining short-term and long-term goals | <input type="checkbox"/> | |
| Developing a plan to achieve those goals | <input type="checkbox"/> | |
| Regularly reviewing and adjusting goals as needed | <input type="checkbox"/> | |
| Networking: | | |
| Building relationships with professors and peers | <input type="checkbox"/> | |
| Exploring student clubs, workshops, and events | <input type="checkbox"/> | |
| Leveraging online platforms for networking | <input type="checkbox"/> | |
| Self-Advocacy: | | |
| Asking questions and seeking help when needed | <input type="checkbox"/> | |
| Advocating for accommodations, if applicable | <input type="checkbox"/> | |
| Expressing needs and concerns to professors and advisors | <input type="checkbox"/> | |
| Professional Etiquette: | | |
| Dressing appropriately for different settings | <input type="checkbox"/> | |
| Engaging in respectful and professional behavior | <input type="checkbox"/> | |
| Understanding workplace norms and expectations | <input type="checkbox"/> | |
| Emotional Intelligence: | | |
| Managing stress and dealing with setbacks | <input type="checkbox"/> | |
| Building resilience and coping strategies | <input type="checkbox"/> | |
| Developing self-awareness and empathy | <input type="checkbox"/> | |
| Digital Literacy: | | |
| Proficiency in using online learning platforms | <input type="checkbox"/> | |
| Navigating online resources and research databases | <input type="checkbox"/> | |
| Ensuring responsible and safe internet use | <input type="checkbox"/> | |
| Career Exploration: | | |
| Identifying interests, strengths, and skills | <input type="checkbox"/> | |
| Exploring potential career paths and industries | <input type="checkbox"/> | |
| Seeking internships, job shadowing, and informational interviews | <input type="checkbox"/> | |

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| Cultural Competence: | | |
| Understanding diverse perspectives and backgrounds | <input type="checkbox"/> | |
| Respecting cultural differences in communication and behavior | <input type="checkbox"/> | |
| Building inclusive and diverse networks | <input type="checkbox"/> | |
| Health and Well-being: | | |
| Prioritizing physical and mental health | <input type="checkbox"/> | |
| Seeking resources for counseling and support services | <input type="checkbox"/> | |
| Balancing academic and personal life | <input type="checkbox"/> | |
| Problem-Solving: | | |
| Analyzing challenges and finding solutions | <input type="checkbox"/> | |
| Developing critical thinking and creative problem-solving skills | <input type="checkbox"/> | |