

GOAL SETTING AS SELF-ADVOCACY

Please complete within the first week and share a copy with both your mentor and your supervisor.



Goal setting can be viewed as professional self-advocacy. It is certainly a professional practice. Most working professionals set goals each year as a part of their professional development, in an effort to advance within their organization, or when looking to revise their career path.

You are likely familiar with the concept of SMART goals (specific, measurable, attainable, relevant, time-bound). This is a common and effective framework for goal setting and can be used for short-, mid-, and long-term goals.

With your specific internship experience in mind, think about what you want to take away from this opportunity—new knowledge, specific experience, development and/or practice of a career-related skill, etc. Then, using the chart below, name and strategize around achieving this goal for yourself.

If you would like, ask your mentor and/or supervisor to complete this activity with you.

S – specific	In a phrase or short sentence, name a specific goal.
M – measurable	Explain how you will know when you have achieved this goal.
A – attainable	Explain why you think this goal is realistic.
R – relevant	Explain how this goal is related to your internship.
T – time-bound	Describe your timeline for working toward and completing this goal.

