

Goal Setting Outline



MENTOR ME
COMPETENCE. CONFIDENCE. CONNECTION.

Mentee Name:

Mentor Name:

Date:

Long Term Goal: Ensure that this is S.M.A.R.T (Specific, Measurable, Achievable, Relevant, Time-bound)

Strategies and Resources: people, websites, books, methods of study that will help you achieve this goal.

Short Term Goals: Make these as clear and detailed as possible.

Goal 1.

What?	Clear definition of goal
How?	Specific strategies needed
Why?	Link to long term goal, relevance
When?	Clear deadline, amount of time to spend
Completed?	Date of completion

Goal 2.

What?	Clear definition
How?	Specific strategies needed
Why?	Link to long term goal, relevance
When?	Clear deadline, amount of time to spend
Completed?	Date of completion

Goal Setting Template

Mentee Name:

Mentor Name:

Date:

Long Term Goal:

Strategies and Resources:

Short Term Goals:

What?	
How?	
Why?	
When?	
Completed?	

What?	
How?	
Why?	
When?	
Completed?	



Goal Setting Sample

Mentee Name: Mina
Mentor Name: Piotr
Date: June 2, 2022



Long Term Goal: Pass Written Exam of Physiotherapy National Exam in September 2022

Strategies and Resources that will help me: 10 online mentorship sessions, resources online, PT textbooks, mock exam review with mentor, mock exam on my own

Short Term Goals:

What?	Understand dermatomes and peripheral nerve innervation upper and lower limbs including testing and conditions related to impairments in these.
How?	Review steps for testing sensation; dermatomes and peripheral nerve maps; review conditions in which one needs to differentially diagnose these; review and get feedback from mentor.
Why?	To ensure I understand and can correctly answer questions related to performing sensation tests, diagnosis and treatment of these conditions
When?	In 1st week of mentorship
Completed?	yes!

What?	Understand myotomes vs peripheral nerve innervation testing in upper and lower limbs
How?	Review steps of strength testing and myotomes/ peripheral nerve maps; review related conditions, get feedback from mentor on my performance.
Why?	To ensure I understand all aspects of these tasks to answer questions related to performing tests, diagnosis and treatment of these conditions
When?	In 2nd week of mentorship
Completed?	yes!