SOUTHERN ADVENTIST UNIVERSITY

Advancement Office
Alumni Relations

Setting Goals: A Guide for Students

Begin your mentoring relationship with an in-person meeting, phone call, or video chat so you can develop a more personal connection. The most important thing to accomplish during your first conversation is to introduce yourself and become comfortable sharing. Think about what you might like to tell your mentor: general background information (your hometown, where you grew up, where you attended high school/ academy, etc.), specifics about your Southern experience, or extracurricular activities you enjoy.

Before your first meeting, plan ahead and think about what you might ask or share with your mentor. Be on time and, if meeting in person, ask your mentor to describe himself/herself so you can easily identify them. Dress in business/casual attire. Approach them with a smile and a hand shake. Most of all, thank them for their time and willingness to mentor you!

If you're concerned about getting the conversation flowing, here are a few conversation starters:

- Where are you from originally?
- What do you do for a living?
- Tell me about your Southern experience.

Action Plan: Use this area as a starting point for your goals

Goal	Action Step	Target Date
i.e. *Apply to LEAP*	*Fill out & submit LEAP application*	*2nd week of school year*