Session 4

- Goal Setting: Follow-up
- Getting to Know Professors

As a mentor, you can help prep students to meet with their professors. You should work together to determine the purpose of the meeting and flesh out questions for the student to ask. It is also a good time to reassess semester goals.
Meeting with my Professors

Much of your academic experience in college is focused on the time you spend in class. However, it is important to get to know your professors outside of class as well.

The student success literature states: Faculty-student interaction outside the classroom is positively correlated with student learning and development.

Try to gain a better understanding of what is required in the class and what you need to do to guarantee your successful completion. Most professors provide their contact information on the first page of the class syllabus.

Contact 1-2 of your professors this semester to introduce yourself. Visit your professor’s webpage to get ideas for questions and to explore his/her interests and background. With your College 101 Mentor, brainstorm some potential questions to ask your professor(s).

Course:
Professor:
Date of Meeting:
Topics to Discuss:
1.

2.

3.

Course:
Professor:
Date of Meeting:
Topics to Discuss:
1.

2.

3.

COLLEGE 101 MENTOR USE:

Student should complete this section by: ________________________________

Student has completed Meeting with My Professors plan  □ Yes  □ No

College 101 Mentor initials: _____________ Date _____________

Taken from The University of South Carolina’s ACE Coaching Program
Additional Questions
Goal Setting - Follow up

• What resources on campus are helping you achieve your goals?
• What actions are you taking to apply your best self to achieving your perfect future?
• After this meeting/since our last meeting, what concrete steps have you taken to meet your goals?
• What steps can you take before our next meeting?
• What roadblocks have you hit and how have you dealt with them?
• How are you going to celebrate achieving your goals?
• What can you do/are you doing to reenergize yourself when you get off track?
• What have you learned so far?
• Have you (or do you need to) re-evaluate your goals?
• Since we last met, what successes have come from the action plan we created?