

Your Goals: A Reflection

Being successful as a professional requires skills like basic research as well as, negotiating effectively, writing e-mails and networking with others in your field, your communities, and nationally. It also requires being able to balance these demands in such a way that you keep personal equilibrium and health. The following questions are designed to give you the opportunity to explore where you stand on these issues.

1. In what ways are you satisfied with your progress in personal and professional development at this point?

Professional

Personal

2. In what ways are you dissatisfied with your progress in personal and professional development at this point? What would you like to develop?

Professional:

Personal:

3. What groups/networks are you already in that help you personally and professionally with your most important interests?

4. What groups might you join or people might you get to know for personal or professional development in the areas you have identified as most important?

5. What steps do you need to take to make contacts with such groups or people?