

My overall academic wellness goal is: \_\_\_\_\_

Recognizing that it may be easier to work on this goal one step at a time, my SPECIFIC PLAN for this week is to (select 1 or more options):

- Schedule a meeting with my advisor/CLG leader/program director to discuss my career goals
- Join a professional organization as a student affiliate or join a student professional organization
- Volunteer as a student representative for a committee in my professional organization
- Join a student interest group
- Apply for a trainee travel award
- Apply for a training grant
- Explore resources available from the CTSI
- Make an appointment with the UFCOM learning specialist
- Make an appointment with a tutor
- Visit the UF Disability Resource Center
- Visit the UF Public Speaking Lab for free help
- Visit the UF Writing Center for free help
- Ask a UF librarian for assistance with a literature search
- Work on my learning portfolio
- Update my CV
- Start and/or attend a study group
- Apply to attend a career development/leadership conference
- Identify a mentor to collaborate with me on a scholarly product
- Try using the "Pomodoro Method" to increase productivity
- Other: \_\_\_\_\_

The 3 most important reasons I want to make this change are:

- 1.
- 2.
- 3.

I have checked the UF Wellness Programs Resources tab to identify programs/services that may help me.

- Yes       No

Some resources I have available to assist me with this goal (e.g., class, free program/service, supportive partner, health care professional, commercial product/service) are:

I will review my progress toward this goal on: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_