**Pathways Progression Survey**

*Reflect upon the work you’ve been doing with your career access mentor. Answer the below questions based on where you are at today.*

1. How many hours did you spend with your mentor in **LAST MONTH**? (total estimated time of meetings and check-ins)
2. What is one way you progressed toward your **LAST MONTH** SMART goal? What is working well?
3. Have any challenges come up in this last month, and if so, what are they?
4. In as few words as possible, what is your **THIS MONTH** goal you will be working on with your career access mentor?
5. Turn that goal into a SMART goal. (next page)

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| **S**pecific- List specific action steps you will take to reach this goal. |  |
| **M**easurable- How will you track progress to your goal, how will you know when you reach your goal? |  |
| **A**ttainable- How will you find the time? What do you need to learn? Who can you go to for support? |  |
| **R**elevant- Why do you want to achieve this goal and is it within reach? |  |
| **T**imely- When do you intend to reach this goal? |  |

1. On a scale from 1-5, how would you rank your mentoring relationship at this moment?
   1. Extremely unsatisfied
   2. Unsatisfied
   3. Neutral
   4. Satisfied
   5. Extremely satisfied

Explain.

1. Additional comments: