

Importance of Mentors

The video "[Importance of Mentors](#)" teaches you that a mentor is a person that gives help and advice to someone with less experience. Mentors can inspire you and help you reach your goals.

Try This!

What are some of your goals? You may have short-term goals—like getting your homework in on time this week. You may also have long-term goals—like graduating from college. Setting and meeting short-term goals can help you achieve your long-term goals. Complete the chart with three short-term goals you have for yourself this week.

	GOALS FOR THE WEEK	WHAT I NEED	WHO CAN HELP	HOW DID I DO?
1				
2				
3				

The best part of my week: _____

What I want to improve next week: _____