

Please read this page, and complete the next page as best as you can!

1) Think about who you are (your life roles), and list them out

Some examples: faculty member, researcher, mother, daughter, caregiver (these will change over time)

2) Choose one of your life roles, and think about the following: Where would I like to be in 3 years, what do I need to get there? (Please: Use the table on the back to record your thoughts)

- In the next 3 years, what are 1-2 goals I would like to achieve?
- What are some things I can do to help me achieve my goals?
- What are some things **UAF** can do/provide to help me achieve my goals?

3) Share your ideas with the colleagues at your table

- Elect one person at your table to be the recorder
- As a group, discuss your responses, and note the similarities and differences!
- Elect one person to (possibly) share your table’s main ideas with the larger group

Example:

My Role: <i>Mom of 7- year old (2nd grade) boy</i>	
Where I’d like to be in 3 years; goals I would like to achieve <i>Feel satisfied that I’ve been there for my son – in terms of his emotional and academic development.</i>	
Strategies I can do to achieve my goals <ul style="list-style-type: none">• Create ways to include him in my work (travel, meetings...)• Make sure I take the time to:<ul style="list-style-type: none">○ help him with his homework○ read to him○ volunteer at his school○ know his friends• Schedule work so that I can devote most evenings, and 1-day per weekend to him	Strategies/resources <u>UAF</u> can provide to help me achieve my goals <ul style="list-style-type: none">• Relay messages that family is important, even before tenure!• Offer an on-campus discussion group for faculty/students/staff who are also parents/guardians• Promote UAF events as being ‘family friendly’

Your turn!

One of my professional roles at UAF:	
Where I'd like to be in 3 years; goals I would like to achieve	
Strategies I can do to achieve my goals	Strategies/resources <u>UAF</u> can provide to help me achieve my goals

Time-permitting, feel free to focus on another life role and 3-year goal!

Another important role:	
Where I'd like to be in 3 years; goals I would like to achieve	
Strategies I can do to achieve my goals	Strategies/resources <u>UAF</u> can provide to help me achieve my goals