

Rutgers Women+ in Technology (WIT+)

PEER-TO-PEER PROGRAM

MONTH 1: GOAL SETTING AND GROUP VISION

HIGH-LEVEL FOCUS - PERSONAL AND PROFESSIONAL GOALS:

Peer groups should discuss short-term and long-term goals for themselves. These can be professional goals, personal goals, or a mix. Everyone should be encouraged to share their aspirations and take time this month to create actionable plans for themselves and for the group.

SUGGESTED GROUP ACTIVITY - “FUTURE ME” INDEX CARDS & VISION BOARD:

***Note:** Having an index card (or piece of paper) and a pen will be helpful!*

- During the monthly group session, each person will be **writing a postcard to their “future self”** six months from now. Each card should have 2-3 personal or professional goals and a short statement of how each person hopes to feel/what they hope to achieve by the end of the program. After the meeting, this card should be placed in a highly visible area (computer screen, pin board, mirror, etc.).
- After creating their postcards, each person should share highlights from their postcard and discuss what motivates them, or what achieving “success” looks like, with the group. Then, everyone can try jotting down a few steps they can take this month that may get them closer to those achievements.
- Either during or after the session, the group can choose to take their highlights and create a group vision board to help centralize and visualize the group’s goals. We’ve linked a few resources on how to do so in [Canva](#) and [Adobe Express](#), but the group can use whatever collaborative tool they prefer.
- Groups are encouraged to refer back to and update their vision boards throughout the program. You may also be inclined to share your boards during the program’s closing session in March.