

---

## WELLBEING AND YOUR PES PLAN

---

Based on *Wellbeing: The Five Essential Elements* by Tom Rath and Jim Harter

### MISSION

The President's Emerging Scholars (PES) Program ensures timely graduation of its participants by encouraging and supporting academic, career, and personal wellbeing through scholarships, programming, professional advising, and peer mentoring.

### WELLBEING

The PES Program takes into account the academic, career, and personal wellbeing of its students. More specifically, each student's wellbeing is considered across the following six dimensions:

#### Academic

Feeling confident in one's understanding and use of course material, study skills, and academic resources

#### Career

Feeling a sense of fulfillment from one's studies, career goals, and/or current work

#### Financial

Feeling secure in one's financial planning and life

#### Physical

Feeling satisfaction with one's physical and mental health

#### Social

Feeling secure in the connections and relationships one has and is continuing to create

#### Community

Feeling connection to and support from larger social groups and communities

### PEER MENTORING

Your peer mentor will aid you in identifying and realizing your wellbeing goals along these dimensions over the course of the next two years. As fellow PES students, they are here to help you succeed!

### YOUR PES PLAN

With the help of your peer mentor, each year you will identify 1-3 academic, career, and personal (financial, physical, social, community) wellbeing goals. You will also identify concrete, measurable actions you can take in reaching these goals. This is a requirement for your scholarship and is due on April 1 of your first, second, and third years at the University. You will receive reminders about this from your peer mentor and via email from the PES Program. Students may submit this each year at [prezscholars.umn.edu](http://prezscholars.umn.edu).

**Please describe 1-3 academic goals. Be as specific as possible.**

**What concrete, measurable actions will you take in the coming weeks to reach these goals?**

**Please describe 1-3 career goals. Be as specific as possible.**

**What concrete, measurable actions will you take in the coming weeks to reach these goals?**

**Please describe 1-3 personal (e.g., financial, physical, social, community) goals. Be as specific as possible.**

**What concrete, measurable actions will you take in the coming weeks to reach these goals?**