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.
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?