**General Check-In** (e.g., What is on your mind? How are you feeling? What are you most excited/worried about? How are classes?)

**Graduate Assistantship**

Work completed last week:

Successes:

Challenges:

Work planned for this week:

**Dissertation Research**

Work completed last week:

Successes:

Challenges:

Next steps:

**Professional Development**

Gaps to fill:

Plan:

Resources: