**College Sponsorship Program**

**Monthly Update**

How can we work together toward your goals? Let us know how you are doing: areas of your life in which you are excelling or having challenges, as well as opportunities you may have for growth and development. Please submit this update via email by the 5th of every month.

Please complete the following table by marking (X) in the appropriate box to indicate your monthly progress:

|  |  |  |
| --- | --- | --- |
| **Name:** | | **Date:** |
| **Contact Number:** | **Major:** | **Career Interest:** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Great** | **Good** | **Okay** | **Needs Work** | **Description:  Provide additional details here to elaborate on how you rated yourself.** | **How would you like to improve in this area?** | **Rank in order of importance (1 = most important)** |
| Academics:  It’s not all about the final grades… how you get there is just as important. |  |  |  |  |  |  |  |
| Health:  physical, emotional, mental… it all matters. What self-care strategies are you using? |  |  |  |  |  |  |  |
| Housing: How is it working for you? |  |  |  |  |  |  |  |
| Finances: budgets, bills, financial outlook. What are you noticing about your spending habits? |  |  |  |  |  |  |  |
| Employment: opportunities or challenges. |  |  |  |  |  |  |  |
| Social Interaction: What have you explored? |  |  |  |  |  |  |  |
| Relationships:  How are you developing your social network? |  |  |  |  |  |  |  |