

**Milestone Map**

*Track your journey through the academic year—set intentions, mark events, and plan for success one step at a time.*

This activity is designed to help you reflect on your academic, professional, and personal goals across your university journey. Using the prompts for each category, think about what you hope to achieve during your first year, middle years, and final year at TRU. You’ll find sample entries to help guide your thinking, and a bank of categories to consider—from education and experience to mentoring, service, and recognition. Be honest and intentional as you plan and think of this as a tool to shape your unique path forward.

**Plan Your Path: Year 1 to Graduation**

Reflect on what you want to achieve at TRU—academically, professionally, and personally—and chart your course.

## Education: Special Courses and Skills

• First Year: Complete mandatory prerequisites for Co-op 1000 based on my program requirements.

• Middle Years: Finish Co-op 1000 and explore elective courses that align with my career interests.

• Final Year: Enroll in skill-building courses on Coursera or LinkedIn Learning to strengthen my professional profile.

Think about the subjects and skills you’re excited to explore during your time at TRU.

## Related Professional Experience

• First Year: Explore volunteer opportunities or part-time roles to build foundational experience.

• Middle Years: Apply for my first co-op or internship position and reflect on transferable skills gained.

• Final Year: Take on a senior co-op, capstone project, or industry-linked opportunity that aligns with my career goals.

Note any work or volunteer experience you hope to gain that connects to your career goals.

## Service

• First Year: Participate in campus events or join a cause I care about to start giving back.

• Middle Years: Take on regular volunteering or service roles that develop my leadership skills.

• Final Year: Lead or coordinate a student or community initiative to make a lasting impact.

Plan how you’d like to give back—on campus or in the community—through service or volunteering.

## Mentoring & Networking

• First Year: Connect with a peer mentor or advisor to get guidance and settle into university life.

• Middle Years: Attend networking events and start building connections in my field.

• Final Year: Participate in job fairs, reach out to alumni, and offer mentorship to younger students.

Set intentions to build relationships with mentors, professors, and peers who can support your journey.

## Personal and Professional Development

• First Year: Attend workshops on time management, wellness, and university success strategies.

• Middle Years: Focus on communication, public speaking, and resume/interview workshops.

• Final Year: Reflect on growth and prepare for transition by building a career toolkit and setting long-term goals.

Identify areas where you want to grow—whether it’s confidence, leadership, or time management.

## Awards & Recognition

• First Year: Research awards and scholarships and focus on academic performance (e.g., Dean’s List).

• Middle Years: Apply for discipline-specific scholarships and co-op-related recognitions.

• Final Year: Compile achievements into a portfolio and consider applying for university-wide or national awards.

Visualize the achievements you’re aiming for, big or small, as you build your university legacy.