



**MESA Advantage Student Report Card**

Year: \_\_\_\_\_

Student name: \_\_\_\_\_

School: \_\_\_\_\_

**Industry Based Standards - Student Activity Checklist**

**Date Completed**      **Director Eval**

<b>Academic Support</b>	Complete MESA Orientation course/workshop/Saturday Academy*		<input type="checkbox"/>
	Participate in Academic Excellence Workshops or Chem Team		<input type="checkbox"/>
	Attend academic seminars		<input type="checkbox"/>
	Compete in MESA competitions (e.g. MESA Days, MESA Olympics, Walk-on-Water, etc.)		<input type="checkbox"/>
	Seek additional academic support (e.g. tutoring)		<input type="checkbox"/>
	Participate in Peer Mentoring		<input type="checkbox"/>
	Serve as AEW Facilitator or MESA Tutor		<input type="checkbox"/>
	Apply to at least one scholarship program each year*		<input type="checkbox"/>
	Other: _____		<input type="checkbox"/>
<b>Counseling</b>	Meet with counselor once per semester to review progress in major*		<input type="checkbox"/>
	Complete semester by semester plan of classes required to transfer or to graduate*		<input type="checkbox"/>
	Complete time management plan each semester*		<input type="checkbox"/>
	Complete <i>StrengthsQuest</i> assessment		<input type="checkbox"/>
	Other: _____		<input type="checkbox"/>
<b>University Bridging (Networking)</b>	Participate in MESA Networking Events (e.g. Jr. Shadow Day, Transfer visits, Banquets, etc)		<input type="checkbox"/>
	Research opportunities for educational advancement		<input type="checkbox"/>
	Establish connection with prospective educational institutions (e.g. with student support services, with student clubs, or with a university advisor)		<input type="checkbox"/>
	Enroll in a class (in major) at prospective transfer institution		<input type="checkbox"/>
	Explore and participate in field or lab research opportunities		<input type="checkbox"/>
	Take SAT or GRE (MCAT, DAT, etc) prep class and exam, apply to college or grad school		<input type="checkbox"/>
	Other: _____		<input type="checkbox"/>
<b>Industry Exposure</b>	Resume, Cover Letter and reference list*		<input type="checkbox"/>
	Participate in Job or Mock or informational interviews*		<input type="checkbox"/>
	Join a professional or student organization (e.g. NSBE, IEEE, PASE, SHPE, SWE, etc.)		<input type="checkbox"/>
	Serve as student chapter officer		<input type="checkbox"/>
	Attend Industry Training Academy		<input type="checkbox"/>
	Attend Professional Development Seminar(s) and activity(ies)* (e.g. summit, interview skills, Science Opportunity Day, Joint Planning Conference-JPC, tours, etc.)		<input type="checkbox"/>
	Research Companies*		<input type="checkbox"/>
	Job Shadow Industry professionals at work		<input type="checkbox"/>
	Obtain industry mentor		<input type="checkbox"/>
	Obtain experience via internship or volunteerism		<input type="checkbox"/>
	Other: _____		<input type="checkbox"/>
<b>Community</b>	Participate in organized educational community service programs (e.g. MESA Days, Granger Event, etc.)		<input type="checkbox"/>
	Participate in organized non-educational community service programs (food drives, clean-up San Diego, etc.)		<input type="checkbox"/>
	Tutor/Mentor others		<input type="checkbox"/>
	Other: _____		<input type="checkbox"/>

Director's Evaluation: \_\_\_\_\_

**Notes:** \* Documentation available

\_\_\_\_\_  
**Director signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Student signature**