SMART Goals

Setting goals is an important part of staying motivated and focused throughout the semester. However, goals are most helpful when they are clearly defined and built around a plan. That is where SMART goals come in.

SMART is a framework that helps you turn big ideas into small, manageable steps.
By making your goals **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime bound, you give yourself a clear direction and a better chance of following through.

Use the guide below to create goals that make sense for you and support your success both in and out of the classroom.

INITIAL GOAL

Write the goal you have in mind:

S
SPECIFIC

Be clear and detailed: What exactly do you want to accomplish? Who needs to be included? What do I want to achieve? Why is this goal important?

M
MEASURABLE

Define what success looks like: How will I know I am making progress? What does success look like? What can I count or check off?

A
ACHIEVEABLE

Is this goal realistic with your current skills, resources, and time? If not, can you obtain them? Is the amount of effort to obtain this goal on par with what the goal will achieve?

R
RELEVANT

Why does this matter to you? How does it connect to your 'why'? What am I setting this goal now? Is this the right time for this goal?

T
TIME BOUND

Set a deadline to stay on track. What is the deadline for this goal? What can I do today, this week, or this month? How will I stay on schedule?

SMART GOAL

Review what the answers to the questions above have revealed, and craft a SMART Goal statement based on your answers above:

Goal Setting with SMART Goals

PART ONE : Write down four or five SMART Goals you have. These could be for this semester, school year, or calendar year.

1. _____
2. _____
3. _____
4. _____
5. _____

PART TWO: Pick one goal from above and break it down into smaller steps. Remember to keep these building-block steps measurable and attainable.

Step	Time Needed	Deadline

PART THREE: What resources will you reach out to and take advantage of to support you in achieving this goal? (Student Success Coaching, The Learning Center, The Writing Center, The Speaking Center, etc.)

RESOURCE	LOCATION/CONTACT INFO
_____	_____
_____	_____
_____	_____
_____	_____

Every goal comes with challenges so recognizing potential obstacles ahead of time can help you stay focused and find solutions before they slow you down.

What obstacles might arise for you while working toward this goal?	What will you do to overcome these obstacles?
_____	_____
_____	_____
_____	_____

PART FOUR: How will you know that you have achieved this goal? What will it look like and what will it feel like? How will you reward yourself for acheiving this goal?
(Don't forget to reflect on this journey and all the things you practiced to get here.)

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