

What are SMART Goals?

SMART Goals is an acronym for specific, measurable, attainable, relevant, and time-based objectives

Why use SMART goals? Best for short-term goals, focuses on the final outcome, breaks down big goals into smaller goals, and requires planning after the goal is set.

<p>Specific</p> 	<p>Measurable</p> 	<p>Achievable</p> 	<p>Relevant</p> 	<p>Time-Based</p> 
<p>Answer the 5W's:</p> <ul style="list-style-type: none"> • Who's involved? • What do I want to accomplish? • When do I want to achieve this? • Where does my goal take place? • Why is the goal important? 	<ul style="list-style-type: none"> • What form of measurement are you going to use to determine if you've met the goal? • If it's a project that's going to take awhile, set milestones by considering specific tasks to accomplish. 	<ul style="list-style-type: none"> • The goal is meant to inspire motivation. Think about how to accomplish the goal and if you have the tools/skills needed. • If you don't currently possess them, consider what it would take to attain them. 	<ul style="list-style-type: none"> • The goal needs to align with your subject objective. • Why am I setting this goal now? • Does this goal align with my other goals? 	<ul style="list-style-type: none"> • Ask specific questions about the goal deadline and what can be reached and accomplished within that time period • When will I achieve this goal?

Example Goal: I will pace myself as I write my 6 page research essay

<ul style="list-style-type: none"> • Who? Myself • What? Pace myself while I write my research essay • When? Over the next 3 weeks • Where? School • Why? It's 50% of my grade 	<ul style="list-style-type: none"> • I will get my outline done for week 1 • I will have my draft done and get it reviewed by a writing tutor for week 2 • I will have the final draft done and turned in for week 3 	<p>Tools:</p> <ul style="list-style-type: none"> • Notes on my research • Outline of essay • Canvas materials • Writing tutoring • Professor/TA • Peer mentor <p>Skills:</p> <ul style="list-style-type: none"> • Writing • Research 	<ul style="list-style-type: none"> • Why now? To have the paper done by the due date • Goal alignment? Yes, my overall goal is to have a good grade in the class. 	<ul style="list-style-type: none"> • My paper is due in 3 weeks. I will do each section one week at a time • Week 1 I will work on the outline • Week 2 I will work on the draft and getting it reviewed by a writing tutor • Week 3 will be completing the final draft and turning it in
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