

SMART

GOALS

FOLLOW THE SMART GOAL SETTING STRUCTURE. USE THE QUESTIONS BELOW TO CREATE AND ACHIEVE YOUR GOALS.

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

M

MEASURABLE

HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

A

ACHIEVABLE

HOW CAN THE GOAL BE ACCOMPLISHED?

R

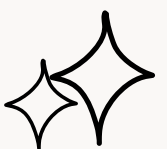
RELEVANT

DOES THIS SEEM WORTHWHILE?

T

TIME-BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?

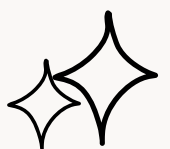


SMART GOALS *Guidance!*

This framework is widely used to help individuals define and achieve their objectives effectively. Here's a breakdown of each element:

1. **Specific**: Goals should be clear and well-defined. Instead of setting a vague goal like "improve my grades," a specific goal would be "achieve a GPA of 3.5 this semester."
2. **Measurable**: Goals should have a way to track progress and determine if they have been achieved. For example, a measurable goal could be "complete 10 hours of focused study per week."
3. **Achievable**: Goals should be realistic and attainable within your current circumstances. It's important to set goals that push you outside your comfort zone but are still within reach. Setting an unattainable goal, such as "get straight A's in every class without any effort," may lead to frustration and disappointment.
4. **Relevant**: Goals should be aligned with your overall objectives and values. They should have significance and relevance to your personal, academic, or professional life. For instance, a relevant goal for a business major could be "secure an internship in a marketing firm to gain practical experience."
5. **Time-bound**: Goals should have a specific timeframe or deadline for completion. This adds a sense of urgency and helps prioritize tasks. For example, "complete the first draft of my research paper by the end of next month."

By applying the SMART framework, uni/ college students can set goals that are well-defined, measurable, attainable, relevant, and time-bound. This approach enhances clarity, motivation, and accountability, making it more likely for students to achieve their desired outcomes.



✦ SMART GOALS

S

Specific

M

Measureable

A

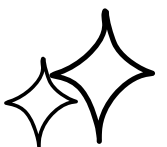
Attainable

R

Relevant

T

Time-bound

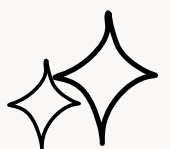


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SMART GOAL

SETTING

S

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M

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A

Attainable

R

Relevant

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Time-based

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