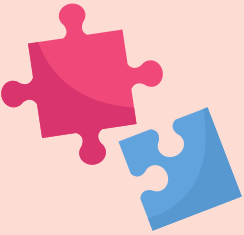


Goal Setting Part II: Assessing SMART Goals



***First, let's review what a
SMART goal includes!***

S - Specific (State your goal: Who? What? Where? Why? When?)

M - Measurable (How will you track your progress and if you reached your goal?)

A - Attainable (Make sure it is reasonable and realistic!)

R - Relevant (Is this goal important to you? Why?)

T - Timely (Set a timeline. When do you want to reach your goal?)

Don't forget to give us a like on Livingtree or send your coordinator a text to let us know you received this handout!

Now, let's practice creating SMART Goals!

Here's an example of a goal that someone has set: **"I will get good grades this semester."**



Is it specific? No. What are "good grades"? All A's? All B's? Is it good grades in all subjects or just one?



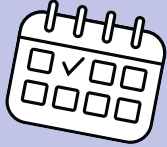
Is it measurable? Yes and no. You can assess your grades at the beginning of the semester and then at the end to determine if you achieved your goal. But is the goal to improve grades or is it to maintain already established good grades? If it is to improve grades then it needs to be stated in the goals. Ex.: "I will increase my GPA from a 2.5 to a 3.0 this semester."



Is it attainable? That depends on what the definition of "good grades" is and what the current grade status is. Make sure that the goal is within reach, you don't want to set yourself up for failure.



Is it relevant? Yes, if you're having trouble keeping good grades. What if you already have good grades and you just want to keep them? Is the goal still relevant? Make sure your goal matches the problem.



Is it timely? Yes, it states that the person wants to get good grades that semester. There is a clear time frame in which the person has set to reach their goal. Other areas of that goal need to be adjusted keeping in mind that the person wants to achieve this in a semester. If they wanted to improve their GPA from a 2.5 to a 4.0, they might need to determine a longer time frame.



Consider some of the barriers you might encounter along the way!



- Lacking motivation
- No way to stay accountable
 - Fear of failure
 - Procrastination
- Unclear action plan
- Distractions (phone, Netflix, social media)

What are some roadblocks or habits that are getting in your way?

What habits are HELPING you get closer to your goal?

Ex: Create a to-do list, have an accountability partner, use a calendar to stay on track, share your goals!

YOU
got
This

Finally, we can set our new SMART goal!



- Is it SPECIFIC?
- Is it MEASURABLE?
- Is it ATTAINABLE?
- Is it RELEVANT?
- Is it TIMELY?