Purpose:

The purpose of this assignment is to help you set realistic goals and define steps you will take to achieve them.

Description:

It is fairly simple to state a goal; we do it all the time. Achieving the goal, however, can be the part that is difficult. The actions you take toward accomplishing your goals play a huge role in whether or not you reach them. You often need to take several small steps (short-term goals) before you get to your final destination (long term goals). By using the SMART acronym specified below, you will give yourself the best possible chance of achieving the things you want.

| S = Specific | ☐ Easy to understand.  
| ☐ Specifies desired future results  
| ☐ Uses concrete action verbs (ex: increase, explore, install, clarify…)  
| ☐ Defines the goal by answering: who, what, when, why, how… |
| M = Measurable | ☐ Describe how each goal (result) will be measured.  
| ☐ Answer the following questions:  
|   • “How will I know the result has been achieved?”  
|   • “How will I show the result has been achieved?” |
| A = Achievable | ☐ Do I have the necessary tools or resources to accomplish this goal?  
| ☐ Is this goal within my control and influence? |
| R = Realistic | ☐ With all the other commitments I have, is this goal realistic?  
| ☐ Does the goal relate to broader objectives that I wish to achieve? |
| T = Timely | ☐ What is the specific time frame to achieve this goal (beginning and end date)?  
| ☐ Is the time frame reasonable? Have other factors been considered?  
| ☐ Include steps and a plan to monitor progress  
| ☐ Establish a time frame for short and long-term goals. |

Example:

My short-term academic goal is: Earn a good grade in math.

My short-term academic goal, in SMART goal format is: I will earn a B grade or better in Math 1142 this spring semester by readjusting my work schedule to utilize Smart Learning tutoring, studying with my study group on a weekly basis, and closely tracking my grades.
Exercise: SMART Academic Goal

What are some results you would like to achieve within your next two terms in college? Write down one academic goal (end result) that you would like to achieve.

Be sure that it is:
   a.) a tangible outcome (end result)
   b.) stated in the present tense as the end result
   c.) possible to accomplish in 3 months or less (short-term) or say, 3 years (long-term)

My academic goal is:

_____________________________________________________________________________________
___________________________________________________________________________________

Complete the table below for your goal

<table>
<thead>
<tr>
<th>S</th>
<th>M</th>
<th>A</th>
<th>R</th>
<th>T</th>
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Reflection Prompts:

After completing the exercise, consider the following questions:

- Have you thought through how you will implement the steps needed to reach your goal?
- How will achieving this goal keep you on track to graduate in a timely manner?
- What will achieving this goal tell you about what major path is the best fit for you?

References/Resources

