

Goal Setting

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Student
Academic
Success
Center

SMART GOALS

Goals are an important part of the learning experience. The characteristics of a good goal are summarized by the acronym SMART:

S = Specific
M = Measurable
A = Attainable
R = Realistic and Results-oriented
T = Timed/dated

Instead of setting an unspecific goal like “do well in school”, students can set SMARTER and more specific goals such as:

- Devote 8 hours of study outside of class this week to Chemistry
- Schedule and follow through on studying two hours outside of class this week for every hour inside of class
- Use a professor's office hours 3 times a semester to ask questions, further explore what interests me most in the class, and ask about future opportunities in the area
- Ask a question or offer an answer or comment at least once during each class
- Engage in a study group at least once/week for each of my classes
- Make a daily to-do-list each night before going to bed and review it each day
- Exercise at least 45 minutes daily 5 times per week
- Call home at least twice/week
- Join and participate in at least one campus club or organization
- Contribute to at least one community service project each semester

Crafting SMART goals like these in a variety of relevant areas will help you remain on track to accomplish the things that will help you thrive as a person and as a successful student.

Take a moment to write out a few goals for yourself. You may have to try a few times to craft one which fits all of the SMART characteristics. The more you do it, the better you will get at it.

| | | SMART | GOALS | | |
|--------------------------------------|---------------------------------|--------------------------------|-------------|--|----------------------------------|
| Intention | Specific | Measurable | Attainable | Relevant, Realistic | Time |
| What is it that you want to achieve? | Who? What? Why? Where? When? | How much? How often? How many? | Achievable? | Is it important to what you want to achieve? | Weekly? Monthly? Semester? Year? |
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