

**FIGURE 6.4** SMART Goal-Setting Template for Students

**SMART Goal Setting**

What do you hope to achieve this grading period? Set three specific goals for yourself that you want to accomplish in the first grading period. Remember that your goals need to be **s**pecific, **m**easurable, **a**ttainable, **r**elevant, and **t**imely.

<b>Goals</b> What would you like to achieve academically and/or personally this grading period? What specific skills do you want to improve on?	<b>S</b> pecific Does this goal target a specific area or skill you can improve in the next 6 weeks? When, where, and how will you achieve each specific goal?	<b>M</b> easurable What would success look like for this particular goal? How will you know when you've successfully accomplished this goal?	<b>A</b> ttainable Is your goal within reach given your access to resources, time, and competing priorities? If not, can you adjust your goal to make it more realistic? What specific support or materials will you need?	<b>R</b> elevant Why do you want to reach this goal? How does this goal align with your larger academic or personal goals? How will achieving this goal positively impact your life?	<b>T</b> imely When will you accomplish this goal? Do you have a specific date you can put in the calendar? Will you follow a specific timeline or break up the steps? Can you create a checklist with due dates?
1.					
2.					
3.					