

Goal Setting: SMART Goals

Academic Success Center
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"To fail to plan is to plan to fail." —Benjamin Franklin

A SMART goal explains a behavior using the following components:

| | |
|--------------------|---|
| S pecific | A SMART goal identifies a specific action or event that will take place. |
| M easurable | The description of a SMART goal and the outcome should be quantifiable. |
| A chievable | A SMART goal should be attainable given available resources. |
| R ealistic | A SMART goal should require you to stretch some beyond your normal routine and regular abilities, but allow for likely success. |
| T imely | A SMART goal should state the time period in which it will be accomplished. |

Sample Goals:

Which of the following are SMART goals? Indicate which of the SMART components are part of each goal.

| GOAL | S | M | A | R | T |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. To study harder. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. To get a 4.0 GPA for this semester. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. To become a better student. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. To maximize my study time each day before social activities. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. To improve my next test grade in ECON 101 by one letter grade. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. To find a summer internship. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. I want to join a club. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. I want to decrease my credit card debt. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |