

# Goal Setting: SMART Goals

Academic Success Center  
Iowa State University

---

"To fail to plan is to plan to fail." —Benjamin Franklin

A SMART goal explains a behavior using the following components:

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

## Sample Goals:

What 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"/>