

SMART Goal-Setting Model

SMART Goals are a goal-setting framework that was created to help individuals clarify their ideas, focus their efforts, use their time and resources productively, and increase their chances of achieving what they want in life.



SMART is an acronym that guides the goal setting process. When setting goals, ask yourself:

- Is this goal **Specific** – what specific actions will I take?
- Is this goal **Measurable** – how will I know when I have accomplished this?
- Is this goal **Achievable** – is it something you have the power to do?
- Is this goal **Realistic** – knowing your strengths and weaknesses, do you have the ability?
- Is this goal **Time-bound** or **Timely** – when you will have this completed?

Examples of SMART goals:

- I will enter all my major assignments into my planner/calendar within the first two weeks of class.
- I will meet with a tutor for intro Chem once a week for the semester.
- I will apply for a minimum of two campus positions posted on Handshake every week until I am offered a position.

Now it's your turn! Set some goals that you would like to achieve this semester and evaluate them using the SMART framework.