

SMART GOALS

**“COMMIT TO THE LORD
WHATEVER YOU DO AND HE WILL
ESTABLISH YOUR PLANS.”
PROVERBS 16:23**

When you set well-designed goals, you are more likely to succeed than if you just tell yourself, “I’m going to do better” or “I’m going to be successful”.

You need a plan to get you there and setting SMART goals is a great starting point!

S

Specific *state exactly what your goal is, what needs to be done to accomplish it and what it looks like when the goal is reached*

Example: “I will achieve a 3.5 GPA for the Fall term by spending 20 hours per week on my coursework including using 3 hours of tutoring”

M

Measurable *the progress toward your goal should be able to be tracked*

Example: “I will review and calculate my grade once per week to ensure I am staying on track to achieving the 3.5 GPA”

A

Attainable *the action steps needed to achieve the goal are available to you and are clearly defined*

Example: “I will utilize 3 hours of tutoring per week and I will use the writing center for review of my assignments. I will reach out to the instructor and classmates when challenges arise”

R

Realistic *given your time commitment, skill set and effort you provide, you should have a good chance of achieving this goal*

Example: “I will be able to achieve this goal because I have the time to devote to my coursework now that I am working less at my job, and I will be utilizing the resources offered by MACU”

T

Timed *setting a deadline to achieve your goal will keep you motivated and give you something to work towards. Using a timeline that has short-range (daily), mid-range (weekly) and long-range (monthly) steps is helpful as well*

Example: “I will achieve a 3.5 GPA by the end of my Fall term which is 01/10/22. Daily I will spend time on my coursework, weekly I will review my grade and monthly I will review my progress overall and prepare for the next course”

SET YOUR OWN...

SMART GOALS

NAME:
COURSE:
DATE:
DUE DATE:

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EXAMPLE:

Short-range Goal & Plans (each day)	Mid-range Goal & Plans (end of course)	Long-term Goal & Plans (end of term)
Goal: <i>Spend 3 hours per day on school work</i>	Goal: <i>Periodically review overall progress</i>	Goal: <i>I will achieve a 3.5 GPA for the Fall term</i>
Plans: Each day from 3pm to 6pm is devoted to school. I will set tutoring appointments for 1 hour on M/W/F	Plans: At the end of each class in my Fall term I will review what went wrong and what went right. Also, set up a meeting with Instructor for tips for success	Plans: Use 20 hours a week on school work, use 3 hours a week on tutoring, reach out to instructor when issues arise, monitor progress

SET YOUR OWN SMART GOAL!

Short-range Goal & Plans	Mid-range Goal & Plans	Long-term Goal & Plans
Goal:	Goal:	Goal: <input type="text"/>
Plans:	Plans:	Plans: