



A SMART goal allows for a realistic intentional guide on setting goals and can be broken down as:

S pecific	Be SPECIFIC! Make sure the goal is direct, detailed, and meaningful.
M easurable	The goal should be MEASURABLE where progress is quantifiable and can be tracked.
A chievable	Make the goal ACHIEVABLE! It should be realistic, and tools should be available to make the goal attainable.
R elevant	Goals should be RELEVANT to the situation, the mission, or overall end goal.
T imely	A goal should be TIMELY meaning there is a deadline for the goal to be accomplished.

Sample Goals:

Determine which are SMART goals. Indicate which of the SMART components are part of each goal:

GOAL	S	M	A	R	T
1. Study harder.					
2. Earn a 4.0 GPA for this semester.					
3. Become a better student.					
4. Maximize study time each day before social activities.					
5. Improve the next test grade in ECON 102 by a letter grade.					
6. Find a summer internship.					
7. Join a Business Frat/RSO.					
8. Decrease credit card debt.					



Now it's your turn to create some SMART Goals for yourself!

Part 1. Write Down 4 Goals:

1. _____
2. _____
3. _____
4. _____

<u>S.M.A.R.T.</u>
<u>Goals</u>
S pecific
M easurable
A ttainable
R elevant
T imely

Great job on your goals, but now pick just one that you can evaluate below.

Part 2. Break down the goal you picked into smaller pieces.

Steps to take:	Time needed for the goal:	Deadline:

Part 3. What, who, where, and when are needed to achieve this goal?



What challenges might you face?

How will you overcome these challenges?

Part 4. What will indicate that you've achieved the goal? What will it look like and what will it feel like?

Adapted from: Iowa State University's Academic Success Center