

## SMART Goals for Students



Goal setting isn't just important for your time as a student – it's an important skill for anyone wanting to be an active, contributing member of society. If all you aspire to is living in your parents' basement, you don't have to set goals. However, should you happen to want to grow beyond bumming pizza money, a bed, and electricity for your Xbox from your Pops, goal setting is a must. The commonly used acronym "SMART" is a helpful blueprint for becoming a great goal-setter.

### S – specific

"I want to get better grades"

OR

"I want to improve my English grade"

### M – measurable

"I want to improve my English grade"

OR

"I want to improve my English grade by 5 points"

### A – attainable

"I want to improve my English grade by 25 points"

OR

"I want to improve my English grade by 5 points"

### R – relevant

"I want to read twice as fast as I can now"

OR

"I want to improve my English grade by 5 points"

### T – time-oriented

"I want to improve my English grade by 5 points one of these days"

OR

"I want to improve my English grade 5 points by April 20th"

*Potential is one of the worst words in the English language. Don't desire potential. Desire growth. Potential is automatic – you have it or you don't. Growth isn't automatic. You choose it or you don't. If you want to choose growth, setting SMART goals is a significant step in that direction.*

MY GOAL FOR THE REST OF THE SEMESTER: \_\_\_\_\_

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