Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class:\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_

**S.M.A.R.T. Goals**

SMART goals are specific, measurable, attainable, relevant and timely. What does that mean?

**S***pecific*

**M***easurable*

**A***ttainable*

**R***elevant*

**T***imely*

|  |
| --- |
| **Making your goals S.M.A.R.T.:** *My goal is to pass* |
|  | *This means:* | *Example:* |
| **S**pecific | Identify a specific class or test to work on. | I will pass math with a 65. |
| **M**easurable | Know where you’re starting and where you would like to end – use actual numbers. | I will pass math by going from a 50 to a 90. |
| **A**ttainable | Aim for a number that you can reach, not the bare minimum – but something you know you can do? What grades do you get in classes you typically do well in? Is this a class you regularly struggle in? Is there a numeric grade you need to get credit or pass the year? | I will pass math by going from a 50 to a75. |
| **R**elevant | Make sure this is the class you *need* focus on. Do you have a regents in this class? Are you repeating this class? Is this a subject you traditionally do well in? Is this the class you really need to focus on? | I will pass \_\_\_\_\_\_\_\_\_ by going from a 50 to a 75. |
| **T**imely | A school year is a 180 days. Set a time limit on your goal – you can set more goals! Every 5 weeks, every marking period. This gives you a focus and room to adjust. Passing the year is given! *How* are you going to pass the year is what a S.M.A.R.T. goal looks at. | I will pass \_\_\_\_\_\_\_\_\_\_ this marking period by going from a 50 to a 75. |

**Strategies:** There are always things we can do to help us reach our goal. Identify three things that you can do to help you reach this S.M.A.R.T. goal.

**Accountability:** What will you check to make sure you are reaching goal? How will you be accountable? Will it just be the report card at the end of the marking period? Or will you keep track of your grades as you go to make sure you are target? Will you ask a teacher, friend, mentor, social worker, parent, or sibling to check in on you on a regular basis? (ex. Once a week, once every two weeks, once a month?)

**SMART GOAL**: Identify an academic goal, then identify where you are starting and realistically where you can be and by what date. Then identify two to three things you can do that will help you achieve this goal, and how you will be accountable.

**Example:**

**My S.M.A.R.T. Goal:**

I will \_\_\_\_\_*raise my quiz grades in Spanish*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from \_*a 60 (current grade)*\_\_ to

 \_\_*a 75*\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_*the next quiz*\_\_\_\_\_\_\_\_\_\_\_.

**To do help me achieve this goal I will:**

* \_*Get help after school*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_*Make sure I understand what is happening in class by asking questions\_*\_\_\_\_\_\_\_\_\_
* \_*Use Cornell notes in class and at home*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To make sure I stay on track I will:**

* \_\_*Meet with my teacher once a week to review my grades and anything I’m struggling with*

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* \_\_*Have my Mom sign-off on my agenda\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**My S.M.A.R.T. Goal:**

I will\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**To do help me achieve this goal I will:**

* \_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*\_\_\_\_\_\_\_\_\_
* \_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To make sure I stay on track I will:**

* \_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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* \_\_*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*