S.M.A.R.T. Goal Setting

Specific – the goal must be a clear and simple statement.
Measurable – the goal must have a clear beginning and end.
Attainable – the goal must be realistic.
Relevant – the goal must relate to the overall objective.
Time-Based – the goal must have a specific deadline.

Example:

Overall objective: Increase semester grades

- Specific – I will increase my grade in my ACCT 201 class.
- Measurable – I will increase my grade to a B in my ACCT 201.
- Attainable - I will increase my grade from a C+ to a B in my ACCT 201 class.
- Relevant – goal is related to above objective.
- Time-Based – I will increase my grade from a C+ to a B in my ACCT 201 class by the end of the semester.

- S.M.A.R.T Goal – I will increase my grade from a C+ to a B in my ACCT 201 class by the end of the semester.

Now it is your turn to try...

Goal: