Name:
Student ID#:
Instructor:
Period:

Student Worksheet: SMART Goal

Objective: Students will develop an academic SMART goal for school and add it to My Goals.

Warm-Up

— Respond to the following questions:

1. What is one thing you have learned how to do in the past? For example, how to ride a bike or skateboard, how to solve a math problem, how to bake or cook, etc.
2. How much time did it take for you to learn?
3. Did you give up or push through when it was difficult?
4. What did you learn from that experience?

1.
2.
3.
4.

HELP!

— Identify adults in your life who can support you when you face challenges, both personally and academically.

SMART Goal

— Write an academic goal related to attendance, grades, or extracurricular activities.

— Transform your goal into a SMART Goal using the **SMART Goal** chart.

SMART Goal	
S	**Specific** Your goal must be clearly defined and identified. *Example: I will attend school every day that I am not sick.*
M	**Measureable** You must be able to track your goal. *Example: I will track my attendance using my school's online portal.*
A	**Attainable** Your goal must be within your control. *Example: I will walk or take the bus to school every day that my parent/guardian cannot drive me.*
R	**Relevant** Your goal must relate to academic achievement. *Example: Attending school will ensure I am present to learn and succeed in my classes.*
T	**Time-bound** Your goal must have a start and end date. *Example: I am committed to my attendance goal for the entire school year.*

— Sign in to **CaliforniaColleges.edu**, navigate to **My Plan** at the top of the page, and click on **My Goals**.

— Add your SMART Goal to **Academic Goals**. If you need help navigating **My Goals**, here is a tutorial: **How to Use the My Goals Tool**.