

Introduction to SMART Goals: Student Worksheet

Goal: You will craft one personal and one academic SMART goal.

Part I: Introduction – Bell Work

- What is a goal? How do you know you have achieved a goal? Do you achieve most of your goals? Why or why not?

Part II: Activity

Review the chart below, and then continue to the activity.

SMART Goals		
SMART goals are goals that have been carefully crafted to fit the following criteria.		
S	Specific	What are you hoping to do? Be as specific as possible - details will help you succeed. The goal is very precise and has a clear purpose. It is detailed.
M	Measurable	How will you know you reached this goal? Think of a clear sign of success. You have a way to determine whether or not the goal is achieved.
A	Achievable	Is this goal doable? You want to be optimistic but realistic. The goal is difficult, but realistic.
R	Relevant	How will reaching this goal make a positive difference in your life? The goal has an effect on the problem you are trying to solve.
T	Timely	When do you want to reach this goal? There is a deadline by which the goal must be completed.
Example		
S	I will go to college, specifically to CSU Fullerton.	
M	I will know I have met my goal if I am accepted to CSU Fullerton and eventually attend that college.	
A	If I focus on my school work, ask questions when I need help, and participate in class, I can earn high grades so that I will be accepted to CSU Fullerton.	
R	By going to college, I will have opportunities my parents did not have. I can get a good job and make money to support my family.	
T	I will focus on earning strong grades during 11 th grade so that when I apply to CSU Fullerton when I am a senior, I can show the college my good grades.	

1. Think of two goals you have – one academic and one personal. List those goals below.
2. With a partner, turn those goals into SMART goals. Work through as many goals as you can during the time your teacher gives you.

SMART		Academic	Personal
S	Specific		
M	Measurable		
A	Achievable		
R	Relevant		
T	Timely		

3. Now sign in to CaliforniaColleges.edu and go to **My Plan** at the top of the page. Hover on the text and select **My Goals**.
4. Click on **Add Goal**. Then, in the **Content Area** field, select **Academic Goals**. Title your goal and create the SMART goal.
5. If you have time, add your personal goal as well.

Part III: Reflect

- Go to **My Journal**, and in the **Academic Journal** section find **prompt #10**:
“Why is it important to make our goals SMART? How is this likely to change our actions? Do you feel more confident about working towards the goals you outlined today?”
- Respond to the above prompt. Follow your teacher’s instructions if they assign a different prompt.