

GOAL SETTING: S.M.A.R.T GOALS!

WHAT ARE S.M.A.R.T GOALS?
HOW DO WE MAKE THEM?



S

SPECIFIC

How would you define your goal? Think of what, when, and how you would do it

M

MEASURABLE

How will you quantify and measure your goal?

A

ACCOUNTABLE

Who is responsible for achieving this goal? You individually? A group?

R

REALISTIC

Does this goal reflect your past performance, your present condition, and what is true for peers in a similar situation?

T

TIME BOUND

By what date will you have accomplished your goal?

LEARNING RESOURCES



McGill

EXAMPLE: MIDTERMS

Take this scenario: You have your 2nd midterm coming up in two weeks for the semester. How would you go about studying and preparing for it?

S

To prepare for my midterm, I will study 2 hours a day until the day before my exam

M

Within those 2 hours I want to be able to study 2 chapters and take notes

A

In this scenario, only I am accountable for studying for my midterm

R

I usually read and summarize 1 chapter per hour, so 2 chapters in a 2 hour study session is realistic

T

My midterm is in 2 weeks, so my studying needs to be complete by the day of the exam

