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
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