

Setting SMART Goals

Setting goals, both short term (daily, weekly, monthly) and long term (years, lifetime) is a way to accomplish what you want. Goals can help you realize your dreams. Successful people use goals as a personal road map to get them where they want to go. Successful people set goals in many aspects of their lives: personal, relationships with others, school/education and career.

Setting goals is a **SMART** way to get to where you want to go!

Set SMART goals:

Specific - clearly defined so you know what to do

Measurable - in time and quantity, so you know when you have achieved it

Action-oriented - specific things you can do to get you closer to where you want to be.

Realistic – YOU can accomplish this with YOUR strengths, talents and abilities

Target date – gives you a deadline, can help you motivate and re-evaluate

Team Task:

You are Susie's 9th grade advisory teacher. She was a fair student in 8th grade but failed two classes. Now that she is in 9th grade she realizes that any class she does not pass she has to make-up the credit in summer school. At mid-tri, she is not passing math or English. She is having trouble understanding her math assignments and in English class she is not spending enough time on the class reading or revising her papers thoroughly.

Save Susie's SUMMER!

Last week in advisory, you just taught your class how to write SMART goals. Today Susie comes up to your desk with her goals, you see that they need improvement.

In your groups help poor little Susie rewrite her goals to improve her math and English grades so she does not have to go to summer school.

Susie's Goals:

1. Don't fail any classes.
2. Understand math better.
3. Get a summer job to buy new iPod.

Your fabulous new goals for Susie:

1. _____

2. _____

3. _____

SMART Goal Tips

- No goal is written in stone. If something isn't working, re-evaluate, try something new, adjust and keep trying.
- For a goal to really work, it should be built upon what is important to you – your priorities and values.
- Great things are accomplished in small, steady steps. Breaking things down into small steps can help you feel a sense of accomplishment along the way. This will motivate you to keep going - -even on days that you might feel frustrated.
- Reward yourself for successes and accomplishments along the way... even little things.
- Writing the goal down can help you to see it more clearly, remind you of what's important and keep you motivated to succeed.
- The sooner you get started, the sooner you'll be rewarded. Don't procrastinate.
- Accomplishing a goal can result in personal growth as well as a specific outcome. Sometimes, "the journey, not the destination matters more."
- Sometimes we don't accomplish a goal we set out to achieve. (Go back to the beginning of this list! ☺)