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

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

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

- **M**easurable
  - How will you quantify and measure your goal?

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

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

- **T**ime-bound
  - By what date will you have accomplished your goal?
EXAMPLE: MIDTERMS

Take this scenario: You have your 2nd midterm of the semester coming up in two weeks. 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.