Are your goals SMART?

Long term goals are things we want to achieve over an extended period of time, perhaps a semester, a year, or five years. Short term goals are more immediate and can be daily, weekly, or monthly. Short term goals can also act as stepping stones to long term goals. No matter the length of your goals, they should be SMART.

- **Specific:** Put your goal in concrete terms. Don't just say, "I want to do well in school." *HOW* do you want to do well specifically--raise your GPA, make more friends, join a club?

- **Measurable:** How will you determine your success? A goal like this, "I would like to raise my GPA from a 1.5 to a 2.5" communicates a level of success and responsibility more than "I want to raise my GPA."

- **Achievable:** You should set goals that are within your reach and obtainable. For example, if you struggle with online exams, it may be a stretch to set a goal like this, "I would like to earn a 100% on every online exam I have."

- **Realistic:** This criterion goes hand-in-hand with Achievable. The more realistic your goals are, the more achievable they will be. Don't push yourself too hard or underestimate the effort needed for assignments. Setting a goal like, "I would like to study for my online exams 3 days prior to the due date" is realistic because it provides enough time to study in chunks, rather than cramming.

- **Time bound:** Give yourself a time limit for completion instead of leaving it open. Do you want to join a club by the end of the semester or the end of your junior year?

**SMART Goals:**

1. I would like to earn a B- in my Introduction to Psychology course by midterms.

2. I will arrive to each of my Monday, Wednesday, and Friday classes 15 minutes early this semester.

**Non-SMART Goals:**

1. I would like to join a club.

2. I will attend class more.
Goals

Student Name: _______________________ Date: ____________

Major: _________________________

**Goal-Setting**: In the space provided, write three long term goals you wish to achieve this semester. Remember to make them SMART goals, and be sure that at least one of your goals is academic.

**Goal #1:**

**Goal #2:**

**Goal #3:**

**Turn Words into Action**: What do you plan to do in order to achieve your long term goals? For each of your long-term goals, you will write two steps or short term goals.

**Goal #1**:

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➢ 

**Goal #2**:

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➢ 

**Goal #3**:

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