



SMART Goals Planning Worksheet

Student Name _____ Date _____ Review Date with Teacher _____

Directions: Briefly describe an accomplishment you would like to achieve: **(for academics or co-curricular)**

Goal:

Goals should always be: **S** - specific **M** – measurable **A** – achievable **R** – relevant **T** – Timely

- a. **Specific:** The goal stated above must be clearly defined (not clear= I want to be a better student this term; clear= I will have 100% HW completion rate for Term 1 or I will increase the next Lab grade by 10%)
- b. **Measurable:** Measure your progress using percentage increases or an incremental increase in skill. *For example, to prepare for Friday's reading test, I will increase my score on the Quizlet activity by 10% each evening.*
- c. **Achievable:** What do you need to accomplish the goal?
- d. **Relevant:** Does this pertain to your current circumstances and desired outcomes?
- e. **Timely:** Can success be determined within the next few days or weeks? YES (then go for it!) NO? rewrite it

Goal Rewrite:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXAMPLE: Increase vocab test by 10%	5 minutes uninterrupted vocab card review	10 minutes reviewing vocab cards; create a quiz	Take Quizlet	Take Quizlet & increase score by 20%	Vocab test!	

*write your action steps into your agenda for daily reference. Check it off after you complete it!

Teacher Review: Was the goal accomplished? YES NO

What changes need to be made to accomplish the goal?

Does a new stretch goal need to be established?