

Setting S.M.A.R.T Goals

S.M.A.R.T. goals are **specific, measurable, attainable, relevant, and time-based goals** that are personalized for you!

Smart Goal Definitions and Key Questions:

Specific: Consider making your goal clear, tailored, and personalized to what you want to achieve. It may be helpful to ask yourself, **what exactly do I want to achieve?**

- Examples Include: Creating a study schedule with distinct study times for your classes, personalizing your weekly planner, developing a personalized action plan with an academic coach

Measurable: Consider how you will assess that your goal has been reached. It may be helpful to ask yourself, **“How will I know when I have achieved this?”**

- Examples Include: Checking off the days that you followed a study schedule, setting reminders on your phone to achieve your goals, journaling about your goals and how you are trying to achieve them.

Attainable: Consider how much control you have over your goal. It is important to ask yourself, **“Is this something that I have control over?”**

- Examples Include: Assessing how much time you have in your weekly schedule, researching what resources are available to help you, avoiding barriers that may hinder you being able to achieve your goals.

Relevant: Consider what makes this goal important to you. It might be helpful to ask yourself, **“Why is this goal applicable to my life?”**

- Examples Include: Your grades are a part of your final transcript, by reaching a certain GPA you will be able to study abroad, by doing well in your undergraduate journey you will be able to find a career in your desired field.

Time Based: Consider when you do you want to achieve this goal by and use this deadline to motivate you. It may be beneficial to ask yourself, **“When do I want to achieve this goal by?”**

- Example Include: I will try to be following my study schedule a week prior to my exam, I want to join at two clubs by the end of the semester, I want to receive my Clemson Ring, before I graduate.

Write Your Own SMART Goal:

S. _____

M. _____

A. _____

R. _____

T. _____