

Steps to Success – SMART Academic Goals

COLLEGE It's not a dream, it's a plan!

A new semester means a fresh start for many students. It's the ideal time to sit down and develop SMART academic goals. **SMART** goals are *S*pecific, *M*easurable, *A*chievable, *R*elevant, and *T*imely. They help you identify not just what you want but also why you want it, how you are going to get it, and how you know when you've got it. Having a complete and clear picture makes the goal more realistic and attainable.

S

SPECIFIC

Describe your goal:

M

MEASURABLE

How can you track your progress?

A

ATTAINABLE

Who is going to help you with your goals? _____

Who will be your accountability partner? _____

When will they check in with you? _____

R

RELEVANT

List the skills or resources you will need in order to meet your goals.

T

TIMELY

Goal for check in date 1

When? _____

Goal for check Progress
Report

When? _____

Goal for check in date 2

When? _____