

SMART GOALS

1

S

Specific

State exactly what you want to achieve.
Be clear and concise.

2

M

Measurable

Determine how you will measure your progress and success.
Identify a method to quantify your progress.

3

A

Achievable

Set a goal that is realistic and attainable. Consider the resources
you have available and the time frame you have to work within.

4

R

Relevant

Ensure that your goal is relevant to your interests,
values, and academic/career aspirations.

T

Time-bound

Establish a deadline for achieving your goal. Set a timeframe
to complete specific steps that will help you reach your goal.

5