

SMART GOALS

Specific

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

Measurable

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

Achievable

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

Relevant

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

Time-bound

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