

# SMART Goals



**S**

Specific

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

**M**

Measurable

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



**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.

**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.