

# SMART goals

## Review these resources

- Reading: "Top 10 smart goals to kickstart success in college" from College Magazine  
<https://www.collegemagazine.com/top-10-smart-goals-to-kickstart-success-in-college/>
- video: Setting SMART Goals  
[https://www.youtube.com/watch?v=lyl\\_v-O\\_Cds](https://www.youtube.com/watch?v=lyl_v-O_Cds)
- video: SMART Goals overview  
<https://www.youtube.com/watch?v=eJcG83m-qg> (12:00)

<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
Specific	Measurable	Achievable, attainable	Relevant, Realistic	Time-bound
State what you will do using action words	Provide a way to measure or evaluate your goal	Be sure this goal is possible	Check to see if your goal makes sense within your life and responsibilities	Include information on when this goal will be met

Complete the SMART goals worksheet and submit.