ESTABLISHING S.M.A.R.T. ACADEMIC GOALS

A SMART goal explains a behavior using the following components:

**Specific** - A SMART goal identifies a specific action or event that will take place.

**Measurable** - A SMART goal’s outcome should be quantifiable.

**Achievable** - A SMART goal should be attainable given available resources.

**Realistic** - A SMART goal should require you to stretch beyond your normal routine and regular abilities, but allow for likely success.

**Timely** - A SMART goal should state the time period in which it will be accomplished.

RECORD YOUR S.M.A.R.T. GOALS

| What are your GPA Goals for the semester and for the year? |
| What campus resources will you utilize this semester in order to achieve your academic goals? |
| Are your academic goals Specific, Measurable, Achievable, Realistic, and Timely? |
| List other academic goals you hope to achieve this school year: |

ADDITIONAL SMART TIPS:

- Consider short and long-term goals.
- Develop several goals. For example, a list of 5 to 7 academic goals should keep you focused for one semester.
- Keep your goals in writing and in a visible location. You are more likely to stay motivated.
- Share your goals with someone who cares. Besides the motivator role s/he can take, this person may also help you succeed as a partner.
- Review your goals frequently.