**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Homeroom**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Writing Effective SMART Goals**

**Directions:** Review the following SMART Goals graphic and answer the question that follows.



**Stop & Jot:** Using the image above, which component of a SMART goal do you think it most challenging for you when you write a SMART goal? Explain why.

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***Writing Effective SMART Goals* Reflection Questions**

**Directions:** Read the following goals and identify which components of a SMART Goal they meet. Explain your reasoning for any component the goals do not meet. The first row has been done as an example.

|  |  |  |
| --- | --- | --- |
| **Goal** | **Is this goal…** | **Explain your reasoning for each box you did not check.** |
| Practice for basketball drills every day for 2 hours to be better at making free throws. |   | ***EXAMPLE****: This goal is not attainable because 2 hours of practice every day is an unreasonable amount of time.* *This goal is not time-bound because there is no end point. It just says “every day.”*  |
| Eat a piece of fruit at least once a day this month. | * **S**pecific?
* **M**easurable?
* **A**ttainable?
* **R**ealistic & Relevant?
* **T**ime-bound?
 |  |
| Get good grades in all of my classes for the first 3 weeks of school.  | * **S**pecific?
* **M**easurable?
* **A**ttainable?
* **R**ealistic & Relevant?
* **T**ime-bound?
 |  |
| Have excellent behavior by not being sent out of math class this year. | * **S**pecific?
* **M**easurable?
* **A**ttainable?
* **R**ealistic & Relevant?
* **T**ime-bound?
 |  |
| Get a perfect score on all of my science quizzes and tests for the first semester. | * **S**pecific?
* **M**easurable?
* **A**ttainable?
* **R**ealistic & Relevant?
* **T**ime-bound?
 |  |
| Show up to school every day.  | * **S**pecific?
* **M**easurable?
* **A**ttainable?
* **R**ealistic & Relevant?
* **T**ime-bound?
 |  |

**Stamp Your Learning for *Writing Effective SMART Goals***

1. Read the following goal and re-write it to be more measurable.

*I will ask my sister to practice my Spanish flashcards with me so I can get better at recalling vocabulary.*

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1. Read the following goal and re-write it to be more specific.

*I will be nicer to my classmates.*

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1. Read the following goal and re-write it to be more time-bound.

*To get feedback on my English essay, I will attend English tutoring every Monday and Wednesday.*

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1. Write a SMART goal for yourself. Your goal could be academic, behavior-related, or social.

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